



## Goal Umpires Week 2

### CONDITIONING

Group Warmup  
(10-15' Activation/Run/Mobility)

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### QUICKNESS

<a href="#"><u>COD 1 - Off-line Running</u></a>	x4 w walk recovery
<a href="#"><u>COD 4 - Multidirectional</u></a>	x2e/s w walk recovery
<a href="#"><u>H Drill</u></a>	(x5 sets)
<a href="#"><u>Side Square</u></a>	(x5 sets)
<a href="#"><u>18's</u></a>	(Start at 80% building to 90%)

### SKILLS

(10 minutes per drill)

[Stay Or Go Drill](#)

[Timing To The Line](#)

[Boundary Umpire Communication](#)

[Ball Tapped Back Into Play](#)

[Bread & Butters – On The Run](#)

[Bread & Butters - Static](#)

*Skills coaches to collaborate with state HPM to arrange sessions based off this template*

