



Goal Umpires Week 7

CONDITIONING

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

+

QUICKNESS

| | |
|---|-----------------------|
| <u>COD 1 - Off-line Running</u> | x4 w walk recovery |
| <u>COD 4 - Multidirectional</u> | x2e/s w walk recovery |
| <u>K Drill</u> | x5 sets |
| <u>Zig Zag 1 Drill</u> | x4 sets |
| <u>18's</u> | |

SKILLS

(10 minutes per drill)

[Stay Or Go Drill](#)

[Timing To The Line](#)

[Boundary Umpire Communication](#)

[Dribble and Tight Angle Kicks](#)

[Bread & Butters – On The Run](#)

[Bread & Butters - Static](#)

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

