



## Field Umpire COD Drills

### T1/DAY 1

#### STRAIGHT-LINE – FORWARD/BACKWARD

CHOOSE **ONE (1)** OF THE FOLLOWING

[Retreat Crossover to Accelerate 20m](#)

[Retreat Crossover to Backward Run](#)

[Back 5m, Run 10m \(x3\)](#)

[Backward 10m to 20m Acceleration](#)

[Backward 10m to 30m Angled Stride](#)

### T2/DAY 2

#### ANGULAR/CURVED/MULTI-PLANAR

CHOOSE **ONE (1)** OF THE FOLLOWING & COMPLETE BOTH SIDES

[S-Curve Run 40m](#)

[Lateral 5m Out n Back into 30m Stride](#)

[45 Degree Cuts – Drill 6](#)

[Tight Arc to Accelerate 15m](#)

[Half Arc to Stride 20-30m](#)

DON'T CONFUSE 'TIRED' WITH 'EFFORT'.  
DON'T MAKE THIS METABOLIC CONDITIONING.  
FATIGUE IS THE ENEMY OF QUICKNESS.  
USE MINIMUM WALK-RETURN REST OR LONGER

