



Goal Umpires Round 9

CONDITIONING

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

QUICKNESS

<u>COD 1 - Off-line Running</u>	x4 w walk recovery
<u>COD 4 - Multidirectional 20m Shuttles</u>	x2e/s w walk recovery
<u>Slalom Quick Feet Drill</u>	x4

SKILLS

(10 minutes per drill)

[Online Defenders Chasing Back](#)

[Boundary Umpire Communication](#)

[Stevie J Set Shots](#)

[Protect Goals Or Assist](#)

[Rapid Fire](#)

[Communication & Control](#)

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

