



Goal Umpires Round 15

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>	x6
<u>Star Run</u>	x6

SKILLS

(10 minutes per drill)

[Stay Or Go Drill](#)

[Timing To The Line](#)

[Forward Chasing Back](#)

[Boundary Umpire Communication](#)

[Communication & Control](#)

[Defender Traffic](#)

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

