



Goal Umpires Round 1

CONDITIONING

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

QUICKNESS

[COD 2a – Easy Z](#) x2 e/s w Walk Recovery

[COD 2b – Cutting Z](#) x 2e/s w Walk Recovery

[V-Drill](#) (Approx 5')

[Tight Cutting Drill](#) (Approx 10')

[18's](#) (10x 18m Sprints MUST have minimum of 30" recovery b/w reps)

SKILLS

(10' Per Drill)

[Rapid Fire](#)

[Stevie J Set Shots](#)

[Forward Chasing Back](#)

[Bread & Butters – On The Run](#)

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

