



Goal Umpires Round 2

CONDITIONING

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

+

QUICKNESS

[Lateral 5m Out n Back to 10m Run](#)

x4 w slow walk recovery

[Sixers and Sevens](#) (Approx 5')

[Star Run](#) (Approx 10')

[T-Drill](#) (Approx 5')

[Race Your Mate 2](#) (6x Races Each)

SKILLS

(10' Per Drill)

[Rapid Fire](#)

[High Ball Positioning](#)

[Sideshow Alley](#)

[Bread & Butters – On The Run](#)

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

