



Goal Umpires Round 4

CONDITIONING

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

+

QUICKNESS

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

[COD 2b – Cutting Z](#) x2e/s w Walk Recovery

[Zig Zag 1 Drill](#) (Approx 5')

[M-Shuffle Drill](#) (Approx 10')

[Triangle Drill](#) (Approx 5')

[10-12-14 Drill](#) (6x Races Each)
40" rest b/w races

SKILLS

(10' Per Drill)

[Rapid Fire](#)

[Dribble and Tight Angle Kicks](#)

[Online Defenders Chasing Back](#)

[Angled Shots Across The Face](#)

[Timing To The Line](#)

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

