



**Goal Umpires
Round 8**

CONDITIONING

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

+

QUICKNESS

[COD 4 – Multidirectional](#) x2e/s w Walk Recovery

[Repeat Shuffles](#) (Approx 15')

[Slalom Quick Feet](#) (Approx 10')

[4 B 2](#) (Approx 10')

[Pick A Colour Drill](#) (Approx 5')

SKILLS

(10 minutes per drill)

[Defender Kick Across The Face](#)

[Timing To The Line](#)

[Forward Chasing Back](#)

[Protect Goals Or Assist](#)

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

