



Goal Umpires Round 10

CONDITIONING

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

+

QUICKNESS

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

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

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

[Sixers and Sevens](#) (Approx 10')

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

[3 Way Shuffle](#) (Approx 5')

[10's to 18's](#) 15x sprints, 3x at each distance, 50" recovery

SKILLS

(10 minutes per drill)

[Rapid Fire](#)

[Dribble and Tight Angle Kicks](#)

[Stevie J Set Shots](#)

[Low Ball Post Positioning](#)

[Timing To The Line](#)

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

NEXT WEEK = SKILL-A-THON!!

