



**Goal Umpires
Round 11**

CONDITIONING

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

+

SKILL-A-THON

(12 minutes per drill)

[Defender Kick Across The Face](#)

[Low Ball Wide Angle](#)

[Protect Goals Or Assist](#)

[Defender Traffic](#)

[Forward Chasing Back](#)

[Boundary Umpire Communication](#)

**Please complete a Session Builder in lieu of the
Training Night being dedicated to our Skill-A-Thon**

[SESSION BUILDER LINK](#)

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

