



**Goal Umpires
Round 12**

CONDITIONING

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

+

SKILLS

(10 minutes per drill)

[Rapid Fire](#)

[Angled Shots Across The Face](#)

[Timing To The Line](#)

[Defender Traffic](#)

[High Ball Post Positioning](#)

QUICKNESS

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

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

[H Drill](#) (Approx 5min)

[Nail The Straddle](#) (Approx 5min)

[K Drill](#) (Approx 5min)

[Pick A Colour](#) (5 reps each)

[T-Drill](#) (Approx 5min)

[Y-Drill](#) (Approx 5min)

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

