



**Goal Umpires  
Round 13**

**CONDITIONING**

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

+

**QUICKNESS**

[DRun](#) (x4 runs in ea. direction)

[Manhattan](#) (x2 runs in ea. direction)

[Mountain Climb Drill](#) (x2 runs in ea. direction)

[Rhombus Drill](#) (x2 runs in ea. direction)

**SKILLS**

(10 minutes per drill)

[Rapid Fire](#)

[Lone Defender Chasing Back](#)

[Low Ball Wide Angles](#)

[Boundary Umpire Communication](#)

[Bread & Butters – On The Run](#)

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

