



**Goal Umpires
Round 14**

CONDITIONING

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

+

QUICKNESS

[COD 1 - Off-line Running](#) (50-60m x4 w 30" rest b/w)

[Lateral 5m Out n Back to 10m Run](#) (x4 w slow walk recovery b/w efforts)

[V-Drill](#) (x3 reps)

[Ps & Qs](#) (x3 reps)

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

** Please complete the Repeat Shuffles last on your program **

SKILLS

(10 minutes per drill)

[Rapid Fire](#)

[Sideshow Alley](#)

[Online Defenders Chasing Back](#)

[Timing To The Line](#)

[High Ball Post Positioning](#)

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

