



**Goal Umpires
Round 15**

CONDITIONING

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

+

SKILL-A-THON

(12 minutes per drill)

[Communication & Control](#)

[Defender Kick Across The Face](#)

[Dribble and Tight Angle Kicks](#)

[Stevie J Set Shots](#)

[Bread & Butters – On The Run](#)

[Angled Shots Across The Face](#)

**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

