



**Goal Umpires
Round 16**

CONDITIONING

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

+

QUICKNESS

[COD 2a – Easy Z](#) x4 e/s w Walk Recovery

[COD 2b – Cutting Z](#) x4 e/s w Walk Recovery

[18's](#) (Approx. 10')

[4 B 2](#) (Approx. 10')

[T-Drill](#) (Approx. 5')

[Star Run](#) (Approx. 5')

SKILLS

(10 minutes per drill)

[Rapid Fire](#)

[Defender Kick Across The Face](#)

[Angled Shots Across The Face](#)

[Forward Chasing Back](#)

[Boundary Umpire Communication](#)

[Bread & Butters – On The Run](#)

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

