



**Goal Umpires
Round 17**

CONDITIONING

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

+

QUICKNESS

[COD 4 – Multidirectional](#) x4 e/s w Walk Recovery

[Slalom Quick Feet Drill](#) (Approx. 5')

[Lateral Shuffle / Points of the Compass](#) (Approx. 5')

[Crab Shuffles](#) (6x Drill 1, 6x Drill 2)

[DRun](#) (8x reps in total, x4 in each direction)

SKILLS

(10 minutes per drill)

[Rapid Fire](#)

[Bread & Butters – On The Run](#)

[Bread & Butters - Static](#)

[High Ball Post Positioning](#)

[Online Defenders Chasing Back](#)

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

