



**Goal Umpires
Round 18**

CONDITIONING

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

+

SKILL-A-THON

(10 minutes per drill)

[Rapid Fire](#)

[Low Ball Post Positioning](#)

[Defender Traffic](#)

[Dribble and Tight Angle Kicks](#)

[Stevie J Set Shots](#)

[Timing To The Line](#)

[Protect Goals Or Assist](#)

QUICKNESS

Please complete a Session Builder in lieu of the Training Night being dedicated to our Skill-A-Thon.

[Session Builder](#)

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

