



**Goal Umpires  
Round 19**

**CONDITIONING**

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

+

**QUICKNESS**

[COD 2a – Easy Z](#)

[COD 2b – Cutting Z](#)

[Sixers and Sevens](#) (Approx. 5')

[M-Shuffle Drill](#) (Approx. 5')

[Triangle Drill](#) (Approx. 5')

[10's to 18's](#) (15x sprints w 50sec Recovery)

**SKILLS**

(10 minutes per drill)

[Rapid Fire](#)

[Bread & Butters – On The Run](#)

[High Ball Post Positioning](#)

[Online Defenders Chasing Back](#)

[Angled Shots Across The Face](#)

[Low Ball Post Positioning](#)

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

