



**Goal Umpires
Round 20**

CONDITIONING

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

+

QUICKNESS

[COD 4 - Multidirectional](#) (x4 reps w walk recovery)

[18's](#) (x6 efforts w walk recovery)

[V-Drill](#) (x6 efforts)

[Mountain Climb Drill](#) (x6 efforts)

[Nail The Straddle](#) (x10 efforts)

[DRun](#) (x4 efforts – 2 in each direction)

SKILLS

(10 minutes per drill)

[Rapid Fire](#)

[Forward Chasing Back](#)

[Timing To The Line](#)

[Defender Kick Across The Face](#)

[Dribble and Tight Angle Kicks](#)

[Stay Or Go Drill](#) (NEW!)

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

