



**Goal Umpires
Round 21**

CONDITIONING

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

+

SKILL-A-THON

(12 minutes per drill)

[Low Ball Post Positioning](#)

[Protect Goals Or Assist](#)

[Low Ball Wide Angles](#)

[Stevie J Set Shots](#)

[Bread & Butters - Static](#)

[Angled Shots Across The Face](#)

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

