



**Goal Umpires
Round 22**

CONDITIONING

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

+

QUICKNESS

[COD 2a – Easy Z](#)

[COD 2b – Cutting Z](#)

[H Drill](#) (Approx 5min)

[Nail The Straddle](#) (Approx 5min)

[K Drill](#) (Approx 5min)

[Pick A Colour](#) (5 reps each)

[T-Drill](#) (Approx 5min)

[Y-Drill](#) (Approx 5min)

SKILLS

(10 minutes per drill)

[Rapid Fire](#)

[Boundary Umpire Communication](#)

[Dribble and Tight Angle Kicks](#)

[Stevie J Set Shots](#)

[Bread & Butters – On The Run](#)

[Bread & Butters - Static](#)

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

