



**Goal Umpires  
Round 23**

**CONDITIONING**

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

+

**SKILL-A-THON**

(12 minutes per drill)

[Timing To The Line](#)

[Defender Kick Across The Face](#)

[Bread & Butters - Static](#)

[Stevie J Set Shots](#)

[Bread & Butters – On The Run](#)

[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*

