



## Goal Umpires Week 5

### CONDITIONING

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

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### QUICKNESS

Please complete a [Session Builder](#) in lieu of the  
Training Night being dedicated to Skill-A-Thon

### SKILL-A-THON

(8 minutes per drill)

[Lone Defender Chasing Back](#)

[Stevie J Set Shots](#)

[Dribble and Tight Angle Kicks](#)

[Forward Chasing Back](#)

[High Ball Post Positioning](#)

[Low Ball Post Positioning](#)

[Bread & Butters - Static](#)

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

