



Goal Umpires Round 3

CONDITIONING

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

+

QUICKNESS

[Lateral 5m Out n Back to 10m Run](#) x4 w walk recovery

[T-Drill](#) x5

[Y-Drill](#) x5

[3 Way Shuffle](#)

[M-Shuffle Drill](#)

[20m Shuttles](#)

SKILLS

(10 minutes per drill)

[Bread & Butters – On The Run](#)

[Bread & Butters - Static](#)

[Defender Kick Across The Face](#)

[Angled Shots Across The Face](#)

[Online Defenders Chasing Back](#)

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

