



Goal Umpires Round 7

CONDITIONING

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

Please complete a Session Builder in lieu of the Training Night being dedicated to our Skill-A-Thon.

[Session Builder](#)

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

