



**Goal Umpires
Round 15**

CONDITIONING

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

+

QUICKNESS

Please complete [Session Builder](#) in lieu of training being dedicated to Skill-A-Thon.

SKILL-A-THON

(12 minutes per drill)

[Angled Shots Across The Face](#)

[Low Ball Wide Angles](#)

[Protect Goals Or Assist](#)

[Low Ball Post Positioning](#)

[Stay Or Go Drill](#)

[Stevie J Set Shots](#)

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

