



Goal Umpires Round 16

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)

[High Ball Post Positioning](#)

[Low Ball Post Positioning](#)

[Forward Chasing Back](#)

[Stay Or Go Drill](#)

[Protect Goals Or Assist](#)

[Stevie J Set Shots](#)

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

