



**Goal Umpires
Round 17**

CONDITIONING

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

QUICKNESS

<u>COD 2a – Easy Z</u>	x2 e/s w Walk Recovery
<u>COD 2b – Cutting Z</u>	x2 e/s w Walk Recovery
<u>A, B, C Drill</u>	(Approx. 5')
<u>Sixers and Sevens</u>	(Approx. 5')
<u>Zig Zag 1 Drill</u>	(Approx. 5')
<u>Star Run</u>	(Approx. 5')

SKILLS

(10 minutes per drill)

[Boundary Umpire Communication](#)

[Communication & Control](#)

[Protect Goals Or Assist](#)

[Stevie J Set Shots](#)

[Dribble and Tight Angle Kicks](#)

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

