



Goal Umpires Round 18

CONDITIONING

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

QUICKNESS

[COD 2b – Cutting Z](#)

x4 e/s w Walk Recovery

[20m Shuttles](#)

[Side Square](#)

x6 reps each

[Triangle Drill](#)

x6 reps each

[K Drill](#)

x6 reps each

[H Drill](#)

x6 reps each

[Nail The Straddle](#)

x10 efforts

SKILLS

(10 minutes per drill)

[Timing To The Line](#)

[Angled Shots Across The Face](#)

[Dribble and Tight Angle Kicks](#)

[Stay Or Go Drill](#)

[Bread & Butters – On The Run](#)

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

