



## Goal Umpires Round 19

### CONDITIONING

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

<a href="#">Lateral 5m Out n Back to 10m Run</a>	x4 e/s w Walk Recovery
<a href="#">Zig Zag 1 Drill</a>	x6 efforts
<a href="#">M-Shuffle Drill</a>	x6 efforts
<a href="#">Triangle Drill</a>	x6 efforts
<a href="#">10-12-14 Drill</a>	x4

### SKILLS

(10 minutes per drill)

[Bread & Butters - Static](#)

[Bread & Butters – On The Run](#)

[Communication & Control](#)

[Protect Goals Or Assist](#)

[Boundary Umpire Communication](#)

[Online Defenders Chasing Back](#)

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

