



Goal Umpires Round 20

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](#)

[Communication & Control](#)

[Online Defenders Chasing Back](#)

[Timing To The Line](#)

[Close Focus – Tennis Balls](#)

[Defender Traffic](#)

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

