



Goal Umpires Round 21

CONDITIONING

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

+

QUICKNESS

[COD 2a – Easy Z](#) x4 reps alternating direction w walk recovery

[COD 2b – Cutting Z](#) x4 reps alternating direction w walk recovery

[Zig Zag 1 Drill](#)

[M-Shuffle Drill](#)

[Triangle Drill](#)

[10-12-14 Drill](#)

SKILLS

(10 minutes per drill)

[Rapid Fire](#)

[Dribble and Tight Angle Kicks](#)

[Online Defenders Chasing Back](#)

[Angled Shots Across The Face](#)

[Timing To The Line](#)

[Bread & Butters - Static](#)

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

