



## Goal Umpires Round 23

### 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)

[Lone Defender Chasing Back](#)

[Stevie J Set Shots](#)

[Dribble and Tight Angle Kicks](#)

[Forward Chasing Back](#)

[High Ball Post Positioning](#)

[Low Ball Post Positioning](#)

[Bread & Butters - Static](#)

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

