



Goal Umpires Week 3

CONDITIONING

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

+

QUICKNESS

[COD 2b – Cutting Z](#) x2e/s w walk recovery

[20m Shuttles](#)

[Side Square](#) x6 reps ea.

[Triangle Drill](#) x6 reps ea.

[K Drill](#) x6 reps ea.

[H Drill](#) x6 reps ea.

[Nail The Straddle](#) x10 efforts

SKILLS

(10 minutes per drill)

[Ball Tapped Back Into Play](#)

[Reverse Stevie J Set Shots](#)

[Angled Shots Across The Face](#)

[Forward Chasing Back](#)

[Bread & Butters - Static](#)

[Bread & Butters – On The Run](#)

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

