



**Goal Umpires  
Week 4**

**CONDITIONING**

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

+

**QUICKNESS**

Please complete [Session Builder](#) in lieu of training being dedicated to Skill-A-Thon.

**SKILLS**

(8 minutes per drill)

[Communication & Control](#)

[Stevie J Set Shots](#)

[Dribble and Tight Angle Kicks](#)

[Close Focus – Tennis Balls](#)

[Boundary Umpire Communication](#)

[Defender Kick Across The Face](#)

[Defender Traffic](#)

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

