



Goal Umpires Round 1

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](#)

[Boundary Umpire Communication](#)

[Defender Kick Across The Face](#)

[Bread & Butters - Static](#)

[Bread & Butters – On The Run](#)

