



## Goal Umpires Round 2

### CONDITIONING

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

+

### QUICKNESS

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

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[H Drill](#) x6 efforts

[M-Shuffle Drill](#) x6 efforts

[Triangle Drill](#) x6 efforts

[10-12-14 Drill](#) x4 efforts

### SKILLS

(10 minutes per drill)

[Rapid Fire](#)

[Dribble and Tight Angle Kicks](#)

[Stevie J Set Shots](#)

[Protect Goals Or Assist](#)

[Boundary Umpire Communication](#)

[Bread & Butters - Static](#)

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

