



Goal Umpires Round 3

CONDITIONING

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

+

QUICKNESS

<u>COD 2b – Cutting Z</u>	x2e/s w walk recovery
<u>20m Shuttles</u>	
<u>Side Square</u>	x6 Reps Each
<u>Triangle Drill</u>	x6 Reps Each
<u>K Drill</u>	x6 Reps Each
<u>H Drill</u>	x6 Reps Each
<u>Nail The Straddle</u>	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.

