



**Goal Umpires
Round 7**

CONDITIONING

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

+

QUICKNESS

x2e/s w walk recovery

[COD 3 - T-Drill](#)

[COD 4 - Multidirectional](#)

x2e/s w walk recovery

[20m Shuttles](#)

[A, B, C Drill](#)

[Y-Drill](#)

x2

SKILLS

(10 minutes per drill)

[Protect Goals Or Assist](#)

[Dribble and Tight Angle Kicks](#)

[Ball Tapped Back Into Play](#)

[Stay Or Go Drill](#)

[Bread & Butters – On The Run](#)

[Bread & Butters - Static](#)

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

