



Goal Umpires Round 8

CONDITIONING

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

+

QUICKNESS

[COD 3 - T-Drill](#)

x2e/s w walk recovery

[COD 4 - Multidirectional](#)

x2e/s w walk recovery

[H Drill](#)

x4 Reps

[K Drill](#)

x4 Reps

[18's](#)

[Mountain Climb Drill](#)

x4 Reps

SKILLS

(10 minutes per drill)

[Communication & Control](#)

[Close Focus – Tennis Balls](#)

[Reverse Stevie J Set Shots](#)

[Online Defenders Chasing Back](#)

[Bread & Butters – On The Run](#)

[Bread & Butters - Static](#)

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

