



Goal Umpires Round 11

CONDITIONING

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

+

QUICKNESS

<u>COD 3 - T-Drill</u>	x2e/s w walk recovery
<u>COD 4 - Multidirectional</u>	x2e/s w walk recovery
<u>H Drill</u>	(x4 sets)
<u>K Drill</u>	(x4 sets)
<u>18's</u>	
<u>Mountain Climb Drill</u>	(x4 sets)

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.

