



**Goal Umpires
Round 16**

CONDITIONING

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

+

QUICKNESS

Please complete [Session Builder](#) in lieu of training being dedicated to Skill-A-Thon.

SKILLS

(8 minutes per drill)

[Communication & Control](#)

[Stevie J Set Shots](#)

[Dribble and Tight Angle Kicks](#)

[Close Focus – Tennis Balls](#)

[Boundary Umpire Communication](#)

[Defender Kick Across The Face](#)

[Defender Traffic](#)

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

