



Goal Umpires Round 17

CONDITIONING

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

+

QUICKNESS

[COD 3 - T-Drill](#)

x2 e/s w walk recovery

[COD 4 - Multidirectional](#)

x2 e/s w walk recovery

[20m Shuttles](#)

[A, B, C Drill](#)

[Y-Drill](#)

SKILLS

(10 minutes per drill)

[Reverse Stevie J Set Shots](#)

[Dribble and Tight Angle Kicks](#)

[Close Focus – Tennis Balls](#)

[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.

