



**Goal Umpires  
Round 18**

**CONDITIONING**

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

+

**QUICKNESS**

[COD 2a – Easy Z](#) x2 e/s w Walk Recovery

[COD 2b – Cutting Z](#) x2 e/s w Walk Recovery

[H Drill](#) x6 Efforts

[M-Shuffle Drill](#) x6 Efforts

[Triangle Drill](#) x6 Efforts

[10-12-14 Drill](#) Repeat x4

**SKILLS**

(10 minutes per drill)

[Rapid Fire](#)

[Dribble and Tight Angle Kicks](#)

[Stevie J Set Shots](#)

[Protect Goals Or Assist](#)

[Boundary Umpire Communication](#)

[Bread & Butters - Static](#)

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

