



**Goal Umpires  
Round 20**

**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](#)

[Online Defenders Chasing Back](#)

[Defender Kick Across The Face](#)

[Angled Shots Across The Face](#)

[Bread & Butters – On The Run](#)

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

