



## Goal Umpires Finals Week 3

### **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)

Choose 6 Drills Based Appropriate To The Numbers At Training

[Ball Tapped Back Into Play](#)

[Reverse Stevie J Set Shots](#)

[Boundary Umpire Communication](#)

[Defender Kick Across The Face](#)

[Defender Traffic](#)

[Timing To The Line](#)

[Low Ball Wide Angles](#)

[Communication & Control](#)

[Stevie J Set Shots](#)

[Protect Goals Or Assist](#)

[Online Defenders Chasing Back](#)

[Rapid Fire](#)

[Angled Shots Across The Face](#)

[Bread & Butters – On The Run](#)

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

