



## Goal Umpires Week 3

### CONDITIONING

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

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### QUICKNESS

<a href="#"><u>COD 1 - Off-line Running</u></a>	x4 w walk recovery
<a href="#"><u>COD 4 - Multidirectional</u></a>	x2e/s w walk recovery
<a href="#"><u>T-Drill</u></a>	x2e/s w walk recovery
<a href="#"><u>M-Shuffle Drill</u></a>	x4 w walk recovery
<a href="#"><u>18's</u></a>	starting at 70% and building each rep to @90%

### SKILLS

(10 minutes per drill)

[Dribble and Tight Angle Kicks](#)

[Communication & Control](#)

[Rapid Fire](#)

[Forward Chasing Back](#)

[Bread & Butters – On The Run](#)

[Bread & Butters - Static](#)

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

