



## Goal Umpires Week 4

### CONDITIONING

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

### 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>20m Shuttles</u></a>	x1 Starting at 80% and building to 90-95%

### SKILLS

(10 minutes per drill)

[Stevie J Set Shots](#)

[Communication & Control](#)

[Reverse Stevie J Set Shots](#)

[Angled Shots Across The Face](#)

[Bread & Butters – On The Run](#)

[Bread & Butters - Static](#)

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

