



**Goal Umpires
Week 5**

CONDITIONING

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

Please complete [Session Builder](#) in lieu of training being dedicated to Skill-A-Thon.

SKILL-A-THON

(8 minutes per drill)

[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

