



Goal Umpires Round 0

CONDITIONING

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

QUICKNESS

<u>COD 1 - Off-line Running</u>	x4 w walk recovery
<u>COD 4 - Multidirectional</u>	x2e/s w walk recovery
<u>3 Way Shuffle</u>	x5 sets
<u>Star Run</u>	x3 sets
<u>K Drill</u>	x5 sets

SKILLS

(10 minutes per drill)

[Online Defenders Chasing Back](#)

[Protect Goals Or Assist](#)

[Ball Tapped Back Into Play](#)

[Bread & Butters – On The Run](#)

[Dribble and Tight Angle Kicks](#)

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

