



Goal Umpires Round 1

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>Side Square</u>	x5 efforts
<u>10-12-14 Drill</u>	
<u>M-Shuffle Drill</u>	x5 efforts

SKILLS

(10 minutes per drill)

[Forward Chasing Back](#)

[Reverse Stevie J Set Shots](#)

[Rapid Fire](#)

[Online Defenders Chasing Back](#)

[Bread & Butters – On The Run](#)

[Timing To The Line](#)

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

