



Goal Umpires Round 3

CONDITIONING

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

QUICKNESS

<u>COD 1 - Off-line Running</u>	x4 w walk recovery
<u>COD 4 - Multidirectional 18's</u>	x2e/s w walk recovery
<u>V-Drill</u>	x4 efforts
<u>KDrill</u>	x4 efforts
<u>Manhattan</u>	x2 efforts

SKILLS

(10 minutes per drill)

[Reverse Stevie J Set Shots](#)

[Dribble and Tight Angle Kicks](#)

[Communication & Control](#)

[Boundary Umpire Communication](#)

[Online Defenders Chasing Back](#)

[Bread & Butters - Static](#)

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

