



## Goal Umpires Round 4

### CONDITIONING

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

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### 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>10's to 18's</u></a>	
<a href="#"><u>Triangle Drill</u></a>	x6 efforts
<a href="#"><u>3 Way Shuffle</u></a>	x4 efforts
<a href="#"><u>V-Drill</u></a>	x4 efforts

### SKILLS

(10 minutes per drill)

#### [Rapid Fire](#)

#### [Dribble and Tight Angle Kicks](#)

#### [Communication & Control](#)

#### [Defender Kick 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*

