



## Goal Umpires Round 5

### 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>Rhombus Drill</u></a>	x4 efforts
<a href="#"><u>Zig Zag 1 Drill</u></a>	x4 efforts
<a href="#"><u>K Drill</u></a>	x4 efforts
<a href="#"><u>V-Drill</u></a>	x4 efforts

### SKILLS

(10 minutes per drill)

[Reverse Stevie J Set Shots](#)

[Defender Kick Across The Face](#)

[Timing To The Line](#)

[Ball Tapped Back Into Play](#)

[Bread & Butters – On The Run](#)

[Stevie J Set Shots](#)

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

