



## Goal Umpires Round 6

### 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>Star Run</u></a>	x6 efforts
<a href="#"><u>Zig Zag 1 Drill</u></a>	x6 efforts
<a href="#"><u>H Drill</u></a>	x2 efforts

### SKILLS

(10 minutes per drill)

[Stay Or Go Drill](#)

[Dribble and Tight Angle Kicks](#)

[Communication & Control](#)

[Protect Goals Or Assist](#)

[Online Defenders Chasing Back](#)

[Stevie J Set Shots](#)

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

