



**Goal Umpires  
Round 7**

**CONDITIONING**

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

+

**QUICKNESS**

Please complete [Session Builder](#) in lieu of training being dedicated to Skill-A-Thon.

**SKILL-A-THON**

(8 minutes per drill)

[Ball Tapped Back Into Play](#)

[Reverse Stevie J Set Shots](#)

[Boundary Umpire Communication](#)

[Defender Kick Across The Face](#)

[Defender Traffic](#)

[Timing To The Line](#)

[Lone Defender Chasing Back](#)

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

