



Goal Umpires Round 8

CONDITIONING

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

QUICKNESS

<u>COD 1 - Off-line Running</u>	x4 w walk recovery
<u>COD 4 - Multidirectional</u>	x2e/s w walk recovery
<u>18's</u>	x10
<u>Sixers and Sevens</u>	x4
<u>V-Drill</u>	x6

SKILLS

(10 minutes per drill)

[Bread & Butters – On The Run](#)

[Bread & Butters - Static](#)

[Ball Tapped Back Into Play](#)

[High Ball Post Positioning](#)

[Timing To The Line](#)

[Dribble and Tight Angle Kicks](#)

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

