



## Goal Umpires Round 13

### CONDITIONING

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

### 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>10-12-14 Drill</u></a>	
<a href="#"><u>Side Square</u></a>	x6
<a href="#"><u>K Drill</u></a>	x6

### SKILLS

(10 minutes per drill)

[Bread & Butters – On The Run](#)

[Bread & Butters - Static](#)

[Defender Kick Across The Face](#)

[Reverse Stevie J Set Shots](#)

[Timing To The Line](#)

[Dribble and Tight Angle Kicks](#)

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

