



Goal Umpires Round 16

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>Y-Drill</u>	x6 sets
<u>Side Square</u>	x4 sets
<u>M-Shuffle Drill</u>	x4 sets

SKILLS

(10 minutes per drill)

[Stevie J Set Shots](#)

[Dribble and Tight Angle Kicks](#)

[Bread & Butters - Static](#)

[Rapid Fire](#)

[Protect Goals Or Assist](#)

[Bread & Butters – On The Run](#)

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

