



**Goal Umpires  
Round 17**

**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>Manhattan</u></a>	x5sets
<a href="#"><u>Triangle Drill</u></a>	x6sets

**SKILLS**

(10 minutes per drill)

[Bread & Butters – On The Run](#)

[Dribble and Tight Angle Kicks](#)

[Stevie J Set Shots](#)

[Reverse Stevie J Set Shots](#)

[High Ball Post Positioning](#)

[Defender Kick Across The Face](#)

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

