



Goal Umpires Round 18

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 efforts
<u>Sixers and Sevens</u>	x4 sets
<u>V-Drill</u>	x6 sets

SKILLS

(10 minutes per drill)

[Bread & Butters – On The Run](#)

[Bread & Butters - Static](#)

[Piggy In The Middle "NEW"](#)

[Mini Stevie J's "NEW"](#)

[Up & Under Kicks "NEW"](#)

[Dribble and Tight Angle Kicks](#)

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

