



Goal Umpires Round 19

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>Manhattan</u>	x5 sets
<u>Triangle Drill</u>	x6 sets

SKILLS

(10 minutes per drill)

[Bread & Butters – On The Run](#)

[Dribble and Tight Angle Kicks](#)

[Stevie J Set Shots](#)

[Reverse Stevie J Set Shots](#)

[Piggy In The Middle](#)

[Defender Kick Across The Face](#)

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

