



**Goal Umpires  
Round 22**

**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>K Drill</u></a>	x6 sets
<a href="#"><u>Star Run</u></a>	x6 sets

**SKILLS**

(10 minutes per drill)

[Stay Or Go Drill](#)

[Timing To The Line](#)

[Forward Chasing Back](#)

[Boundary Umpire Communication](#)

[Communication & Control](#)

[Defender Traffic](#)

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

