



**Goal Umpires
Round 23**

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

