



Goal Umpires Finals 1

CONDITIONING

Group Warmup
(10-15' Activation/Run/Mobility)
+
QUICKNESS

Please complete [Session Builder](#) in lieu of training being dedicated to Skill-A-Thon.

SKILL-A-THON

(8 minutes per drill)

[Bread & Butters - Static](#)

[Stevie J Set Shots](#)

[Dribble and Tight Angle Kicks](#)

[Protect Goals Or Assist](#)

[Rapid Fire](#)

[Boundary Umpire Communication](#)

[Reverse Stevie J Set Shots](#)

[Bread & Butters – On The Run](#)

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

