



## Goal Umpires Finals 2

### **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*

