



**Field Umpires  
Week 1**

**T1**

T1 Warm Up

+

C.O.D. 4 x2ea direction w 20" rest b/w

+

Full T1	Full T2 (Thur Game)	Combo (Fri Game)
<u>Flush Run</u>	2x <u>85m OT45"</u> x4-6 sets 2' rest b/w inc. 1x bounce + Backway	2x <u>800m OT6'</u> + 2x <u>85m OT45"</u> x4sets 2' rest b/w inc. 1x bounce + Backway

**T2**

T2 Warm Up

+

Lateral 5m Out n Back into Stride (15-20m) x 2 ea direction

+

Full T2	Fri Game
2x <u>85m OT45"</u> x6-8 sets 2' rest b/w inc. 1x bounce + Backway	PRE-GAME ACTIVATION

**T3**

General Warm Up

+

OPTION 1	OPTION 2	OPTION 3
AFLW GAME	CLUB VISIT	2x <u>No Game Session 1</u> 'The Checklist'

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

