



## Field Umpires Week 2

### T1

#### T1 Warm Up

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Tight Arc To Stride 30m x3ea direction w 1x Bounce/Backway + 20" rest b/w

Full T1	Mod T1	Thur Game	T1 Combo
<u>3' Run : 90" Jog</u> x4 sets	<u>3' Run : 90" Jog</u> x3 sets	N/A	<u>3' Run : 90" Jog</u> x2 sets + (15" Run:15" Rest" x3') x2* w 90" rest b/w sets

### T2

#### T2 Warm Up

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Retreat Crossover To Run (20m) x 4 w 1x Bounce/Backway + 30" rest b/w

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Full T2	Mod T2	Fri Game	T2 Combo
(15" Run:15" Rest" x3') x5* w 90" rest b/w sets	(15" Run:15" Rest" x3') x4* w 90" rest b/w sets	PRE-GAME ACTIVATION	<u>3' Run : 90" Jog</u> x2 sets + (15" Run:15" Rest" x3') x2* w 90" rest b/w sets

### T3

#### General Warm Up

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OPTION 1	OPTION 2	OPTION 3
AFLW GAME	CLUB VISIT	<b>2x ½ Mona Fartlek</b> w 5' rest b/w sets

\* = Don't run straight line/laps: Use cuts, angles, backward and lateral movements – run the 'game' mentally and physically  
*Skills coaches to collaborate with state HPM to arrange sessions based off this template*

