



## Field Umpires Week 3

### T1

#### T1 Warm Up

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1x Bounce into ([Back 5m to Forward 10m x3](#)) x3 w 30" rest b/w

Full T1	Mod T1	Thur Game	T1 Combo
<a href="#">3' Run : 90" Rest</a> <a href="#">2' Run : 60" Rest</a> <a href="#">1' Run : 2' Rest</a>  x4 sets	<a href="#">3' Run : 90" Rest</a> <a href="#">1' Run : 2' Rest</a>  x4 sets	<a href="#">(8" Run OT20" x6)</a> 3sets x 90" b/w + 1x 400m OT4' 2x 200m OT2' Reps @ <a href="#">RPE 4-5</a>	<a href="#">3' Run : 90" Rest</a> <a href="#">1' Run : 2' Rest</a> x2 sets  <a href="#">(8" Run OT20" x6)</a> 3sets x 90" b/w

### T2

#### T2 Warm Up

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1x Bounce into [Backward Arc to Stride 30m](#) x2e/s w 40" rest b/w

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Full T2	Mod T2	Fri Game	T2 Combo
<a href="#">(8" Run OT20" x6)</a> 3sets x 90" b/w + 1x 400m OT4' 2x 200m OT2' Reps @ <a href="#">RPE 4-5</a>	<a href="#">(8" Run OT20" x6)</a> 2sets x 90" b/w + 2x 200m OT2' Reps @ <a href="#">RPE 4-5</a>	PRE-GAME ACTIVATION	<a href="#">3' Run : 90" Rest</a> <a href="#">1' Run : 2' Rest</a> <a href="#">x2 sets</a>  <a href="#">(8" Run OT20" x6)</a> 3sets x 90" b/w

### T3

#### General Warm Up

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OPTION 1	OPTION 2	OPTION 3	OPTION 4
AFLW GAME	CLUB VISIT	<b>3x</b> <a href="#">½ Mona Fartlek v2.0</a> w 5' rest b/w sets	<a href="#">No Game Session 3</a> <a href="#">Mixed Method</a> <b>x3 Sets Only</b>

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

