



**Field Umpires
Week 4**

T1

T1 Warm Up

+

Lateral 5m Out n Back to 20m Acceleration x2e/s w 45" rest b/w

Full T1	Mod T1	Thur Game	T1 Combo
<u>Flush Extra</u> w 1x set of each 'extra'	<u>Flush Run</u>	<u>Ryano Run</u> x4 sets	<u>Ryano Run</u> x4 sets

T2

T2 Warm Up

+

1x Bounce into S-Curve Run x40-60m x4 w building intensity and 45" rest b/w

+

Full T2	Mod T2	Fri Game	T2 Combo
<u>Ryano Run</u> x4-5 sets <i>Umpire Own/ Informed Choice</i>	<u>Ryano Run</u> x3 sets	PRE-GAME ACTIVATION	<u>Ryano Run</u> x4 sets

T3

General Warm Up

+

OPTION 1	OPTION 2	OPTION 3	OPTION 4
AFLW GAME	CLUB VISIT OR INTERCLUB	15' Run w 6' Rest + 3 x 5' F/L w 3' Rest <i>F/L 1 = 40:20 F/L 2 = 30:30 F/L 3 = 20:40</i>	<u>No Game Session 1</u> <u>'The Checklist'</u> x1 Set Only + <u>½ Mona Fartlek</u> <u>(Original Recipe)</u> x1 Set Only

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

