



Field Umpires Round 2

T1

T1 Warm Up

+

1x Bounce into [Backward 10m into 30m stride](#) x 3 w Slow Walk Back Recovery

+

Full T1	Mod T1	Thur Game	T1 Combo
3'Run : 90" Jog x4 sets Do not stop but during 'Jog' use some backward, side to side etc. to mix up movements and change loading across the body rather than all straight.	3'Run : 90" Jog x3 sets	2x 100m OT45" 2x 50m Return OT30" (x2 = 1set) x3 w 2' b/w + 1x 600m OT5' 1x 400m OT4' Reps @ RPE 4- 5	3'Run : 90" Jog x2 sets + 2x 100m OT45" 50m Return OT30" (x2 = 1set) x1-2 w 2' b/w

T2

T2 Warm Up

+

1x Bounce into [Lateral 5m Out n Back to 20m Acceleration](#) x2e/s w Slow Walk Back Recovery

+

Full T2	Mod T2	Fri Game	T2 Combo
2x 100m OT45" 2x 50m Return OT30" (x2 = 1set) x3 w 2' b/w + 1x 600m OT5' 1x 400m OT4' Reps @ RPE 4- 5	2 x 100m OT45" 2 x 50m Return OT30" (x2 = 1set) x2-3 w 2' b/w + 1 x 400m OT4' Rep @ RPE 4-5	PRE-GAME ACTIVATION	3'Run : 90" Jog x2 sets + 2x 100m OT45" 50m Return OT30" (x2 = 1set) x1-2 w 2' b/w

T3

General Warm Up

+

OPTION 1	OPTION 2	OPTION 3	OPTION 4
AFL GAME	STATE GAME OR AFLW	Mona Fartlek x3 Set Only 3-5' rest b/w sets	No Game Session 3 'Mixed Method ¼' x3 Set Only

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

