



Field Umpires Round 3

T1

T1 Warm Up

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1x Bounce into Retreat Crossover into 30m Acceleration x3 w slow walk back recovery

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Full T1	Mod T1	Thur Game	T1 Combo
<u>3' Run w 90" Rest</u> <u>2' Run w 1' Rest</u> <u>1'Run w 2' Rest</u> x4 sets	<u>3' Run w 90" Rest</u> <u>2' Run w 1' Rest</u> <u>1'Run w 2' Rest</u> x3 sets	<u>6-8x 85m OT45"</u> x2 w 3' b/w + 2x 400m OT4' 2x 200m OT2' Reps @ <u>RPE 5</u>	<u>3' Run w 90" Rest</u> <u>2' Run w 1' Rest</u> <u>1'Run w 2' Rest</u> x2 sets + <u>6-8x 85m OT45"</u> x2 sets w 3' b/w

T2

T2 Warm Up

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1x Bounce into S-Curve Run x40-60m x3 w building intensity & slow walk back recovery

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Full T2	Mod T2	Fri Game	T2 Combo
<u>6-8x 85m OT45"</u> x2 w 3' b/w + 2x 400m OT4' 2x 200m OT2' Reps @ <u>RPE 5</u>	<u>6-8x 85m OT45"</u> x2 w 3' b/w + 1x 400m OT4' 1x 200m OT2' Reps @ <u>RPE 5</u>	PRE-GAME ACTIVATION	<u>3' Run w 90" Rest</u> <u>2' Run w 1' Rest</u> <u>1'Run w 2' Rest</u> x2 sets + <u>6-8x 85m OT45"</u> x2 sets w 3' b/w

T3

General Warm Up

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

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

