



Field Umpires Round 4

T1

T1 Warm Up

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Tight Arc To Stride 30m x2 ea. direction w 1x Bounce/Backway + 30" rest b/w

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Full T1	Mod T1	Thur Game	T1 Combo
<u>1x 800m OT6'</u> <u>1x 600m OT5'</u> <u>1x 400m OT4'</u> x4 sets	<u>1x 800m OT6'</u> <u>1x 600m OT5'</u> <u>1x 400m OT4'</u> x3 sets	<u>6-8 x 15"</u> Run OT45" x2 sets w 3' b/w + 1x 400m OT4' + 4x 1' <u>Game Run</u> : 1' Rest Reps @ <u>RPE 5</u>	<u>1x 800m OT6'</u> <u>1x 600m OT5'</u> <u>1x 400m OT4'</u> x2 sets + <u>6-8 x 15" Run</u> OT45" x2 sets w 3' b/w

T2

T2 Warm Up

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C.O.D. 4 x2 ea. direction w 30" rest b/w

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Full T2	Mod T2	Fri Game	T2 Combo
<u>6-8 x 15"</u> Run OT45" x2 sets w 3' b/w + 1x 400m OT4' + 4x 1' <u>Game Run</u> : 1' Rest Reps @ <u>RPE 5</u>	<u>6-8 x 15"</u> Run OT45" x2 sets w 3' b/w + 3x 1' <u>Game Run</u> : 1' Rest Reps @ <u>RPE 5</u>	PRE-GAME ACTIVATION	<u>1x 800m OT6'</u> <u>1x 600m OT5'</u> <u>1x 400m OT4'</u> x2 sets + <u>6-8 x 15" Run</u> OT45" 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> <u>x3 Set Only</u> 3-5' rest b/w sets	<u>No Game Session 3</u> <u>'Mixed Method ¼'</u> <u>x3 Set Only</u>

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

