



Field Umpires

Round 5

T1

T1 Warm Up

+

1x Bounce into Backward 10m into 30m stride x3 w Slow Walk Back Recovery

+

Full T1	Mod T1	Thur Game	T1 Combo
1km Run (You select pace) 1:1 Work:Rest x4-5 sets	1km Run (You select pace) 1:1 Work:Rest x4 sets	<u>5x 100m OT50"</u> <u>5x 50m OT25"</u> x2 + 6x 1' <u>Game Run</u> : 1' Rest Reps @ <u>RPE 5</u>	1km Run (You select pace) 1:1 Work:Rest x2 sets + <u>5x 100m OT50"</u> <u>5x 50m OT25"</u> x2

T2

T2 Warm Up

+

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

+

Full T2	Mod T2	Fri Game	T2 Combo
<u>5x 100m OT50"</u> <u>5x 50m OT25"</u> x2 + 6x 1' <u>Game Run</u> : 1' Rest Reps @ <u>RPE 5</u>	<u>5x 100m OT50"</u> <u>5x 50m OT25"</u> x2 + 4x 1' <u>Game Run</u> : 1' Rest Reps @ <u>RPE 5</u>	PRE-GAME ACTIVATION	1km Run (You select pace) 1:1 Work:Rest x2 sets + <u>5x 100m OT50"</u> <u>5x 50m OT25"</u> x2

T3

General Warm Up

+

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

