



Field Umpires

Week 6

T1

T1 Warm Up

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1x Bounce into [Lateral 5m Out n Back to 20m Acceleration](#) x3-4 w 45" rest b/w

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Full T1	Mod T1	Thur Game	T1 Combo
2x 400m OT3' 2x 200m OT2' x4 w 3' b/w sets	2x 400m OT3' 1x 200m OT2' x3 w 3' b/w sets	1x 100m OT45" 1x 50m Return OT45" (x3 = 1set) x3-4 w 3' b/w	2x 400m OT3' 1x 200m OT2' x2 w 3' b/w sets + 1x 100m OT45" 1x 50m Return OT45" (x3 = 1set) x2-3 w 3' b/w

T2

T2 Warm Up

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

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Full T2	Mod T2	Fri Game	T2 Combo
1x 100m OT45" 1x 50m Return OT45" (x3 = 1set) x3-4 w 3' b/w	1x 100m OT45" 1x 50m Return OT45" (x3 = 1set) x2-3 w 3' b/w	PRE-GAME ACTIVATION	2x 400m OT3' 1x 200m OT2' x2 w 3' b/w sets + 1x 100m OT45" 1x 50m Return OT45" (x3 = 1set) x2-3 w 3' b/w

T3

General Warm Up

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OPTION 1	OPTION 2	OPTION 3	OPTION 4
AFLW GAME	STATE GAME OR INTERCLUB	½ Mona Fartlek v2.0 x3 Set Only 3-5' rest b/w sets	No Game Session 1 'The Checklist' x1 Set Only

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

