



Field Umpires Round 7

T1

T1 Warm Up

+

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

+

Full T1	Mod T1	Thur Game	T1 Combo
<u>4' Run w 2' Rest</u> <u>3' Run w 2' Rest</u> <u>2' Run w 90" Rest</u> x2 sets w 2'rest b/w sets	<u>4' Run w 2' Rest</u> <u>3' Run w 2' Rest</u> x2 sets w 2'rest b/w sets	<u>100m OT45" x6</u> <u>Run 50m Arc OT45" x6</u> <u>50m Returns OT45" x6</u> Rest 2' b/w each set + 2x 400m OT4' 2x 200m OT2' Reps @ <u>RPE 5</u>	<u>4' Run w 2' Rest</u> <u>3' Run w 2' Rest</u> x2 sets + <u>100m OT45" x4</u> <u>Run 50m Arc OT45" x4</u> <u>50m Returns OT45" x4</u> Rest 2' b/w each set

T2

T2 Warm Up

+

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

+

Full T2	Mod T2	Fri Game	T2 Combo
<u>100m OT45" x6</u> <u>Run 50m Arc OT45" x6</u> <u>50m Returns OT45" x6</u> Rest 2' b/w each set + 2x 400m OT4' 2x 200m OT2' Reps @ <u>RPE 5</u>	<u>100m OT45" x4-6</u> <u>Run 50m Arc OT45" x4-6</u> <u>50m Returns OT45" x4-6</u> Rest 2' b/w each set + 1x 400m OT4' Rep @ <u>RPE 5</u>	PRE-GAME ACTIVATION	<u>4' Run w 2' Rest</u> <u>3' Run w 2' Rest</u> x2 sets + <u>100m OT45" x4</u> <u>Run 50m Arc OT45" x4</u> <u>50m Returns OT45" x4</u> Rest 2' b/w each set

T3

General Warm Up

+

OPTION 1	OPTION 2	OPTION 3	OPTION 4
AFL GAME	STATE GAME	<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

