



Field Umpires Round 8

T1

T1 v2.0 Warm Up

+

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

+

Full T1	Mod T1	Thur Game	T1 Combo
<u>3' Run : 3' Rest x3</u> <u>2' Run : 2' Rest x3</u>	<u>3' Run : 3' Rest x 2</u> <u>2' Run : 2' Rest x 2</u>	<u>Straight line 10" Run:10" Rest x3'</u> x2 sets w 90" rest b/w + <u>Shuttle 10" Run:10" rest x3'</u> x2 sets w 90" rest b/w 4 x 1' Game Runs on the 2' cycle Reps @ <u>RPE 5</u>	<u>3' Run : 3' Rest x 2</u> <u>2' Run : 2' Rest x 2</u> + <u>Straight line 10" Run:10" Rest x3'</u> x2 sets w 90" rest b/w

T2

T2 v2.0 Warm Up

+

1x Bounce into Lateral 5m Out n Back to 20m Acceleration x2e/s w Slow Walk Back Recovery

+

Full T2	Mod T2	Fri Game	T2 Combo
<u>Straight line 10" Run:10" Rest x3'</u> x2 sets w 90" rest b/w + <u>Shuttle 10" Run:10" rest x3'</u> x2 sets w 90" rest b/w 4 x 1' Game Runs on the 2' cycle Reps @ <u>RPE 5</u>	As Per Full T2 Simply Drop The 4 x 1' Game Runs	PRE-GAME ACTIVATION	<u>3' Run : 3' Rest x 2</u> <u>2' Run : 2' Rest x 2</u> + <u>Straight line 10" Run:10" Rest x3'</u> x2 sets w 90" rest b/w

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

