



# Field Umpires Round 9

## T1

### T1 v2.0 Warm Up

+

1x Bounce into Retreat Crossover into 30m Acceleration x 3 w slow walk back recovery

+

Full T1	Mod T1	Thur Game	T1 Combo
<u>800m OT6' x3</u> <u>600m OT5' x3</u>	<u>800m OT6' x2</u> <u>600m OT5' x2</u>	<u>Straight line 15" Run:15" 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>800m OT6' x2</u> <u>600m OT5' x1</u> + <u>Straight line 15" Run:15" 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 15" Run:15" 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>800m OT6' x2</u> <u>600m OT5' x1</u> + <u>Straight line 15" Run:15" 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> <b>x3 Set Only</b>  3-5' rest b/w sets	<u>No Game Session 3</u> <u>'Mixed Method ¼'</u> <b>x3 Set Only</b>

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

