



Field Umpires Round 13

T1

T1 v2.0 Warm Up

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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>1km OT7' x1</u> <u>800m OT6' x2</u> <u>600m OT5' x3</u>	<u>1km OT7' x1</u> <u>800m OT6' x1</u> <u>600m OT5' x3</u>	<u>COD 10" Run : 10" rest x3'</u> x2 w 90" rest b/w sets + <u>6-8 x85m OT45" x1</u> + 4x 1' Game Movements OT2' Cycle Reps @ <u>RPE 5</u>	<u>800m OT6' x2</u> <u>600m OT5' x2</u> + <u>COD 10" Run : 10" rest x3'</u> x2 w 90" rest b/w sets

T2

T2 v2.0 Warm Up

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

Full T2	Mod T2	Fri Game	T2 Combo
<u>COD 10" Run : 10" rest x3'</u> x2 w 90" rest b/w sets + <u>6-8 x85m OT45" x1</u> + 4x 1' Game Movements OT2' Cycle Reps @ <u>RPE 5</u>	<u>COD 10" Run : 10" rest x3'</u> x2 w 90" rest b/w sets + <u>6-8 x85m OT45" x1</u> + 2x 1' Game Movements OT2' Cycle Reps @ <u>RPE 5</u>	<u>PRE-GAME</u> <u>ACTIVATION</u>	<u>800m OT6' x2</u> <u>600m OT5' x2</u> + <u>COD 10" Run : 10" rest x3'</u> x2 w 90" rest b/w sets

T3

General Warm Up

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OPTION 1	OPTION 2	OPTION 3	OPTION 4
AFL GAME	STATE GAME	<u>Mona Fartlek</u> <u>x3 Set Only</u> 3-5' rest b/w sets	<u>No Game Session 3</u> <u>'Mixed Method ¼'</u> <u>x3 Set Only</u>

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

