



Field Umpires Round 17

T1

T1 v2.0 Warm Up

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1x Bounce into Backward 10m into 30m stride x 3 w Slow Walk Back Recovery

Full T1	Mod T1	Thur Game	T1 Combo
<u>3' Run w 90" Rest</u> x4 sets	<u>3' Run w 90" Rest</u> x3 sets	<u>Run 50m Arc OT45"</u> x6 <u>50m returns OT45"</u> x8 <u>20m Returns OT30"</u> x8 4x 1' game run OT2' Reps @ <u>RPE 5</u>	<u>3' Run w 90" Rest</u> x2 sets <u>50m returns OT45"</u> x6 <u>20m Returns OT30"</u> x6

Post-Training IP Work

T2

T2 v2.0 Warm Up

+

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

Full T2	Mod T2	Fri Game	T2 Combo
<u>Run 50m Arc OT45"</u> x6 <u>50m returns OT45"</u> x8 <u>20m Returns OT30"</u> x8 4x 1' game run OT2' Reps @ <u>RPE 5</u>	<u>Run 50m Arc OT45"</u> x6 <u>50m returns OT45"</u> x6 <u>20m Returns OT30"</u> x6 2x 1' game run OT2' Reps @ <u>RPE 5</u>	<u>PRE-GAME ACTIVATION</u>	<u>3' Run w 90" Rest</u> x2 sets <u>50m returns OT45"</u> x6 <u>20m Returns OT30"</u> x6

Post-Training IP Work

T3

General Warm Up

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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

