



Field Umpires Round 18

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>1' Run : 30" Rest x6</u> x3 sets w 2' rest b/w	<u>1' Run : 30" Rest x 4</u> x3 sets w 2' rest b/w	<u>Straight line 15":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 + 4x 1' game movements on the 2' Reps @ <u>RPE 5</u>	<u>1' Run : 30" Rest x4</u> x2 sets w 2' rest b/w + <u>Straight line 15":15" Rest x3'</u> x2 sets w 90" rest b/w

Post-Training IP Work

T2

T2 v2.0 Warm Up

+

1x Bounce into S-Curve Run x40-60m x3 w building intensity w slow walk back

Full T2	Mod T2	Fri Game	T2 Combo
<u>Straight line 15":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 + 4x 1' game movements on the 2' Reps @ <u>RPE 5</u>	As per Full T2 Simply drop the 4 x 1' game movements	<u>PRE-GAME ACTIVATION</u>	<u>1' Run : 30" Rest x4</u> x2 sets w 2' rest b/w + <u>Straight line 15":15" Rest x3'</u> x2 sets w 90" rest b/w

Post-Training IP Work

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

