



# Field Umpires Round 20

## 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   |
|---|---|--|--|
| 3-4 x 1km Run<br><br>(1:1 Work:Rest)<br>You determine<br>pace | 3 x 1km Run<br><br>(1:1 Work:Rest)<br>You determine<br>pace | <u>Run 50m Square (200m) x4 OT2'</u><br><br><u>100m OT60" x8</u><br><br><u>50m Return OT60" x8</u> | 2 x 1km Run<br>(1:1 Work:Rest)<br>You determine pace<br><br><u>Run 50m Square (200m) x3 OT2'</u><br><br><u>100m OT60" x6</u> |

### Post-Training IP Work

## T2

### T2 v2.0 Warm Up

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

| Full T2  | Mod T2   | Fri Game                       | T2 Combo   |
|--|--|--------------------------------|--|
| <u>Run 50m Square (200m) x4 OT2'</u><br><br><u>100m OT60" x8</u><br><br><u>50m Return OT60" x8</u> | <u>Run 50m Square (200m) x4 OT2'</u><br><br><u>100m OT60" x6</u><br><br><u>50m Return OT60" x6</u> | <u>PRE-GAME<br/>ACTIVATION</u> | 2 x 1km Run<br>(1:1 Work:Rest)<br>You determine pace<br><br><u>Run 50m Square (200m) x3 OT2'</u><br><br><u>100m OT60" x6</u> |

### Post-Training IP Work

## T3

### General Warm Up

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

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

