



Field Umpires Round 21

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
3' Run : 90" Jog x4 sets	3' Run : 90" Jog x3 sets	<u>Run 50m Square OT2' x4</u> <u>Run 50m Arc OT60" x6</u> <u>20m Return OT30" x8</u> + 1 x 600m OT5' 1x 400m OT4' Reps @ <u>RPE4- 5</u>	3' Run : 90" Jog x2 sets + <u>Run the 50m Square OT2' x2</u> <u>Run the 50m Arc OT60" x4</u> <u>20m Return OT30" x6</u>

Post-Training IP Work

Don't stop, during 'Jog' use some backward, side to side etc. to mix up movements and change loading across the body rather than all straight-line

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>Run 50m Square OT2' x4</u> <u>Run 50m Arc OT60" x6</u> <u>20m Return OT30" x8</u> + 1 x 600m OT5' 1x 400m OT4' Reps @ <u>RPE4- 5</u>	<u>Run 50m Square OT2' x4</u> <u>Run 50m Arc OT60" x6</u> <u>20m Return OT30" x8</u> + <i>OPTIONAL</i> 1x 400m OT4' Reps @ <u>RPE4- 5</u>	<u>PRE-GAME</u> <u>ACTIVATION</u>	3' Run : 90" Jog x2 sets + <u>Run the 50m Square OT2' x2</u> <u>Run the 50m Arc OT60" x4</u> <u>20m Return OT30" 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> 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

