



Field Umpires Round 22

T1

T1 v2.0 Warm Up

+

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>3x 800m OT5'</u> <u>2x 600m OT4'</u>	<u>3x 800m OT6'</u> <u>1x 600m OT5'</u>	<u>6-8x 85m OT45''</u> x2 sets w 3' b/w 1x 400m @ <u>RPE 5</u> + 4x 1' Game Run: 1' Rest Reps @ <u>RPE 5</u>	<u>2x 800m OT5'</u> + <u>6-8x 85m OT45'</u> x2 w 3' b/w

Post-Training IP Work

Walk in recovery. Use backward, side to side etc. in efforts to mix up movements and change loading across the body rather than all straight-line

T2

T2 v2.0 Warm Up

+

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

Full T2	Mod T2	Fri Game	T2 Combo
<u>6-8x 85m OT45''</u> x2 sets w 3' b/w 1x 400m @ <u>RPE 5</u> + 4x 1' Game Run: 1' Rest Reps @ <u>RPE 5</u>	<u>6-8x 85m OT45''</u> x2 sets w 3' b/w 3x 1' Game Run: 1' Rest Reps @ <u>RPE 5</u>	<u>PRE-GAME</u> <u>ACTIVATION</u>	<u>2x 800m OT5'</u> + <u>6-8x 85m OT45'</u> x2 w 3' 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> <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

