



Field Umpires Round 23

T1

T1 v2.0 Warm Up

+

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

Full T1	Mod T1	Thur Game	T1 Combo
<u>2x 800m OT5'</u> <u>2x 600m OT4'</u> <u>2x 400m OT4'</u>	<u>1x 800m OT5'</u> <u>2x 600m OT4'</u> <u>2x 400m OT4'</u>	<u>Straight (10"Run:10"Rest x3')</u> x2 w 90" rest b/w <u>COD (10"Run:10"Rest x3')</u> x1 1x 400m Rep @ <u>RPE 5</u> 3x 1' Game Movement OT2' @ <u>RPE 5</u>	<u>1x 800m OT5'</u> <u>1x 600m OT4'</u> <u>1x 400m OT4'</u> <u>COD (10"Run:10"Rest x3')</u> x1 3 x 1' game movements on the 2' Reps @ <u>RPE 5</u>

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 Back

Full T2	Mod T2	Fri Game	T2 Combo
<u>Straight (10"Run:10"Rest x3')</u> x2 w 90" rest b/w <u>COD (10"Run:10"Rest x3')</u> x1 1x 400m Rep @ <u>RPE 5</u> 3x 1' Game Movement OT2' @ <u>RPE 5</u>	As Per Full Except 2' Sets for S/L Run + Drop the 400m Rep	<u>PRE-GAME ACTIVATION</u>	<u>1x 800m OT5'</u> <u>1x 600m OT4'</u> <u>1x 400m OT4'</u> <u>COD (10"Run:10"Rest x3')</u> x1 3 x 1' game movements on the 2' Reps @ <u>RPE 5</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> <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

