



Field Umpires Round 1

T1

T1 Warm Up

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1x Bounce into [Half Arc to 20m Stride](#) x2 e/s w Slow Walk Back Recovery

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Full T1	Mod T1	T1 Combo
3' Run w 90" Rest 1' Run w 60" Rest x4 sets	3' Run w 90" Rest 1' Run w 60" Rest x3 sets	3' Run w 90" Rest 1' Run w 60" Rest x2 sets + 100m OT60" 50m Return OT30" 20m Return OT30" (x2 = 1set) x1-2 w 2' b/w

T2

T2 Warm Up

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1x Bounce into [\(Back 5m to Forward 10m x3\)](#) x3 w Slow Walk Back Recovery

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Full T2	Mod T2	T2 Combo
100m OT60" 50m Return OT30" 20m Return OT30" (x2 = 1set) x3 w 2' b/w 1x 400m OT4' 2x 200m OT2' Reps @ RPE 4-5	100m OT60" 50m Return OT30" 20m Return OT30" (x2 = 1set) x3 w 2' b/w + 2x 200m OT2' Reps @ RPE 4-5	3' Run w 90" Rest 1' Run w 60" Rest x2 sets + 100m OT60" 50m Return OT30" 20m Return OT30" (x2 = 1set) x1-2 w 2' b/w

T3

General Warm Up

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OPTION 1	OPTION 2	OPTION 3	OPTION 4
AFL GAME	STATE GAME OR AFLW	Mona Fartlek x3 Set Only 3-5' rest b/w sets	No Game Session 3 'Mixed Method ¼' x3 Set Only

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

