



Field Umpires

Round 2

T1

[T1 Warm Up](#)

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[Umpire Choice T1 COD Drill](#)

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Full T1	Mod T1	T1 Combo
<p>3'Run : 90" Jog x3-4 sets</p> <p>Do not stop but during 'Jog' use some backward, side to side etc. to mix up movements and change loading across the body rather than all straight.</p>	<p>3'Run : 90" Jog x2-3 sets</p>	<p>3'Run : 90" Jog x2 sets +</p> <p>2x 100m OT45" 50m Return OT30" (x2 = 1set)</p> <p>x1-2 w 2' b/w</p>

T2

[T2 Warm Up](#)

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[Umpire Choice T2 COD Drill](#)

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Full T2	Mod T2	T2 Combo
<p>2x 100m OT45" 2x 50m Return OT30" (x2 = 1set) x3 w 2' b/w +</p> <p>1x 600m OT5' 1x 400m OT4' Reps @ RPE 4-5</p>	<p>2 x 100m OT45" 2 x 50m Return OT30" (x2 = 1set) x2 w 2' b/w +</p> <p>1 x 400m OT4' Rep @ RPE 4-5</p>	<p>3'Run : 90" Jog x2 sets +</p> <p>2x 100m OT45" 50m Return OT30" (x2 = 1set)</p> <p>x1-2 w 2' b/w</p>

T3

[General Warm Up](#)

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

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

