



# Field Umpires

## Round 3

### T1

[T1 Warm Up](#)

+

[Umpire Choice T1 COD Drill](#)

+

Full T1	Mod T1	T1 Combo
<p><a href="#">3' Run : 90" Rest</a>  <a href="#">2' Run : 60" Rest</a>  <a href="#">1' Run : 2' Rest</a></p> <p>x3-4 sets</p>	<p><a href="#">3' Run : 90" Rest</a>  <a href="#">1' Run : 2' Rest</a></p> <p>x3-4 sets</p>	<p><a href="#">3' Run : 90" Rest</a>  <a href="#">1' Run : 2' Rest</a>            x2 sets            +            (<a href="#">8" Run OT20" x6</a>)            3sets w 90" b/w</p>

### T2

[T2 Warm Up](#)

+

[Umpire Choice T2 COD Drill](#)

+

Full T2	Mod T2	T2 Combo
<p>(<a href="#">8" Run OT20" x6</a>)            3sets w 90" b/w            +            1x 400m OT4'            2x 200m OT2'</p> <p>Reps @ <a href="#">RPE 4-5</a></p>	<p>(<a href="#">8" Run OT20" x6</a>)            2sets w 90" b/w            +            2x 200m OT2'</p> <p>Reps @ <a href="#">RPE 4-5</a></p>	<p><a href="#">3' Run : 90" Rest</a>  <a href="#">1' Run : 2' Rest</a>            x2 sets            +            (<a href="#">8" Run OT20" x6</a>)            3sets w 90" b/w</p>

### T3

[General Warm Up](#)

+

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

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

