



# Field Umpires

## Round 4

### T1

[T1 Warm Up](#)

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[Umpire Choice T1 COD Drill](#)

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Full T1	Mod T1	T1 Combo
<p><a href="#">3' Run</a> w 90" rest</p> <p>x4-5 sets</p>	<p><a href="#">3' Run</a> w 90" rest</p> <p>x3-4 sets</p>	<p><a href="#">3' Run</a> w 90" rest</p> <p>x2 sets</p> <p>+</p> <p><a href="#">Ryano Run</a></p> <p>x2 sets</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><a href="#">Ryano Run</a></p> <p>x4-5 sets</p> <p><i>Umpire Own/ Informed Choice</i></p>	<p><a href="#">Ryano Run</a></p> <p>x3 sets</p>	<p><a href="#">3' Run</a> w 90" rest</p> <p>x2 sets</p> <p>+</p> <p><a href="#">Ryano Run</a></p> <p>x2 sets</p>

### T3

[General Warm Up](#)

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

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

