



# Field Umpires

## Round 10

### T1

[T1 Warm Up](#)

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[Umpire Choice T1 COD Drill](#)

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Full T1	Mod T1	T1 Combo
3-4 x 1km Run (1:1 Work : Rest) Umpire determines pace	3 x 1km Run (1:1 Work : Rest) Umpire determines pace	2 x 1km Run (1:1 Work : Rest) Umpire determines pace  <a href="#">100m OT60" x6</a> <a href="#">50m Return OT60" x6</a>

### T2

[T2 Warm Up](#)

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[Umpire Choice T2 COD Drill](#)

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Full T2	Mod T2	T2 Combo
 <a href="#">100m OT60" x10</a> <a href="#">50m Return OT60" x10</a>  4x 1' Game Run OT2' Reps @ <a href="#">RPE 4-5</a>	 <a href="#">100m OT60" x10</a> <a href="#">50m Return OT60" x10</a>  2x 1' Game Run OT2' Reps @ <a href="#">RPE 4-5</a>	2 x 1km Run (1:1 Work : Rest) Umpire determines pace  <a href="#">100m OT60" x6</a> <a href="#">50m Return OT60" x6</a>

### T3

[General Warm Up](#)

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

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

