



# Field Umpires Round 11

## 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: 90" Jog</a></p> <p>x3-4</p>	<p><a href="#">3' Run: 90" Jog</a></p> <p>x3</p>	<p><a href="#">3' Run: 90" Jog</a> x2</p> <p><a href="#">Run the 50m Square (200m) x2 OT2'</a></p> <p>±</p> <p><a href="#">100m OT50" x8</a></p> <p>±</p> <p><a href="#">20m Returns OT30" x8</a></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="#">Run the 50m Square (200m) x4 OT2'</a></p> <p>±</p> <p><a href="#">100m OT50" x8</a></p> <p>±</p> <p><a href="#">20m Returns OT30" x8</a></p> <p>+</p> <p>1 x 600m Reps @ <a href="#">RPE4- 5</a></p> <p>1 x 400m Reps @ <a href="#">RPE4- 5</a></p>	<p><a href="#">Run the 50m Square (200m) x4 OT2'</a></p> <p>±</p> <p><a href="#">100m OT50" x6</a></p> <p>±</p> <p><a href="#">20m Returns OT30" x6</a></p> <p>+</p> <p>1 x 400m Reps @ <a href="#">RPE4- 5</a></p>	<p><a href="#">3' Run: 90" Jog</a> x2</p> <p><a href="#">Run the 50m Square (200m) x2 OT2'</a></p> <p>±</p> <p><a href="#">100m OT50" x8</a></p> <p>±</p> <p><a href="#">20m Returns OT30" x8</a></p>

## T3

[General Warm Up](#)

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

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

