



Field Umpires Round 5

T1

[T1 Warm Up](#)

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[Umpire Choice T1 COD Drill](#)

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Full T1	Mod T1	T1 Combo
<p>1km Run (You select pace)</p> <p>1:1 Work:Rest</p> <p>x4-5 sets</p>	<p>1km Run (You select pace)</p> <p>1:1 Work:Rest</p> <p>x3-4 sets</p>	<p>1km Run (You select pace) 1:1 Work:Rest x2 sets +</p> <p>5x 100m OT50" 5x 50m OT25" x2</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>5x 100m OT50" 5x 50m OT25" x2 +</p> <p>6x 1' Game Run: 1' Rest Reps @ RPE 5</p>	<p>5x 100m OT50" 5x 50m OT25" x2 +</p> <p>4x 1' Game Run: 1' Rest Reps @ RPE 5</p>	<p>1km Run (You select pace) 1:1 Work:Rest x2 sets +</p> <p>5x 100m OT50" 5x 50m OT25" x2</p>

T3

[General Warm Up](#)

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OPTION 1	OPTION 2	OPTION 3	OPTION 4
AFL GAME	STATE GAME	<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

