



Field Umpires

Round 7

T1

T1 Warm Up

+

Umpire Choice T1 COD Drill

+

Full T1	Mod T1	T1 Combo
<p><u>4' Run w 2' Rest</u> <u>3' Run w 2' Rest</u> <u>2' Run w 90" Rest</u></p> <p>x2 sets</p> <p>w 2'rest b/w sets</p>	<p><u>4' Run w 2' Rest</u> <u>3' Run w 2' Rest</u></p> <p>x2 sets</p> <p>w 2'rest b/w sets</p>	<p><u>4' Run w 2' Rest</u> <u>3' Run w 2' Rest</u></p> <p>x2 sets</p> <p>+</p> <p><u>100m OT45" x4</u> <u>Run 50m Arc OT45" x4</u> <u>50m Returns OT45" x4</u> Rest 2' b/w each set</p>

T2

T2 Warm Up

+

Umpire Choice T2 COD Drill

+

Full T2	Mod T2	T2 Combo
<p><u>100m OT45" x6</u> <u>Run 50m Arc OT45" x6</u> <u>50m Returns OT45" x6</u> Rest 2' b/w each set</p> <p>+</p> <p>2x 400m OT4' 2x 200m OT2'</p> <p>Reps @ <u>RPE 5</u></p>	<p><u>100m OT45" x4-6</u> <u>Run 50m Arc OT45" x4-6</u> <u>50m Returns OT45" x4-6</u> Rest 2' b/w each set</p> <p>+</p> <p>1x 400m OT4' Rep @ <u>RPE 5</u></p>	<p><u>4' Run w 2' Rest</u> <u>3' Run w 2' Rest</u></p> <p>x2 sets</p> <p>+</p> <p><u>100m OT45" x4</u> <u>Run 50m Arc OT45" x4</u> <u>50m Returns OT45" x4</u> Rest 2' b/w each set</p>

T3

General Warm Up

+

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

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

