



Field Umpires Round 8

T1

[T1 Warm Up](#)

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[Umpire Choice T1 COD Drill](#)

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Full T1	Mod T1	T1 Combo
3' Run : 3' Rest x3 2' Run : 2' Rest x3	3' Run : 3' Rest x2 2' Run : 2' Rest x2	3' Run : 3' Rest x 2 2' Run : 2' Rest x 2 + Straight line 10" Run:10" Rest x3' x2 sets w 90" rest b/w

T2

[T2 Warm Up](#)

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[Umpire Choice T2 COD Drill](#)

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Full T2	Mod T2	T2 Combo
Straight line 10" Run:10" Rest x3' x2 sets w 90" rest b/w + Shuttle 10" Run:10" rest x3' x2 sets w 90" rest b/w 4 x 1' Game Runs on the 2' cycle Reps @ RPE 5	As Per Full T2 Simply Drop The 4 x 1' Game Runs	3' Run : 3' Rest x 2 2' Run : 2' Rest x 2 + Straight line 10" Run:10" Rest x3' x2 sets w 90" rest b/w

T3

[General Warm Up](#)

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

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

