



Field Umpires Round 12

T1

[T1 Warm Up](#)

+

[Umpire Choice T1 COD Drill](#)

+

| 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 x2 2' Run : 2' Rest x2 + Run 50m Arc OT45" x4 50m Returns OT45" x6 |

T2

[T2 Warm Up](#)

+

[Umpire Choice T2 COD Drill](#)

+

| Full T2 | Mod T2 | T2 Combo |
|--|--|---|
| Run 50m Arc OT45" x6 50m Returns OT45" x8 20m Returns OT30" x8 + 3x 400m @ RPE 5 | Run 50m Arc OT45" x6 50m Returns OT45" x8 20m Returns OT30" x8 + 1x 400m @ RPE 5 | 3' Run : 3' Rest x2 2' Run : 2' Rest x2 + Run 50m Arc OT45" x4 50m Returns OT45" x6 |

T3

[General Warm Up](#)

+

| 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 1/4' x3 Set Only |

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

