



Field Umpires Round 13

T1

[T1 Warm Up](#)

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[Umpire Choice T1 COD Drill](#)

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Full T1	Mod T1	T1 Combo
1km OT7' x1 800m OT6' x2 600m OT5' x3	1km OT7' x1 800m OT6' x1 600m OT5' x3	800m OT6' x2 600m OT5' x2 + COD 10" Run : 10" rest x3' x2 w 90" rest b/w sets

T2

[T2 Warm Up](#)

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[Umpire Choice T2 COD Drill](#)

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Full T2	Mod T2	T2 Combo
COD 10" Run : 10" rest x3' x2 w 90" rest b/w sets + 6-8 x85m OT45" x1 + 4x 1' Game Movements OT2' Cycle Reps @ RPE 5	COD 10" Run : 10" rest x3' x2 w 90" rest b/w sets + 6-8 x85m OT45" x1 + 2x 1' Game Movements OT2' Cycle Reps @ RPE 5	800m OT6' x2 600m OT5' x2 + COD 10" Run : 10" rest x3' x2 w 90" rest b/w sets

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

