



Field Umpires

Round 14

T1

[T1 Warm Up](#)

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[Umpire Choice T1 COD Drill](#)

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Full T1	Mod T1	T1 Combo
800m OT6' x1 600m OT5' x2 400m OT4' x3 200m OT2' x4	800m OT6' x1 600m OT5' x1 400m OT4' x2 200m OT2' x4	600m OT5' x2 400m OT4' x2 200m OT2' x2 6-8 x 15" Run OT45" x1 set

T2

[T2 Warm Up](#)

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[Umpire Choice T2 COD Drill](#)

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Full T2	Mod T2	T2 Combo
6-8 x 15" Run OT45" x2 sets w 3' b/w + 1x 400m @ RPE 5 4x 1' Game Run : 1' Rest Reps @ RPE 5	6-8 x 15" Run OT45" x2 sets w 3' b/w + 3x 1' Game Run : 1' Rest Reps @ RPE 5	600m OT5' x2 400m OT4' x2 200m OT2' x2 6-8 x 15" Run OT45" x1 set

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

