



# Field Umpires Round 15

## T1

[T1 Warm Up](#)

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[Umpire Choice T1 COD Drill](#)

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Full T1	Mod T1	T1 Combo
3-4 x 1km Run (1:1 Work:Rest) You determine pace	3 x 1km Run (1:1 Work:Rest) You determine pace	2 x 1km Run (1:1 Work:Rest) You determine pace <a href="#">Run the 50m Square(200m)</a> <a href="#">x2 OT2'</a> <a href="#">50m Return OT60" x4</a>

## T2

[T2 Warm Up](#)

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[Umpire Choice T2 COD Drill](#)

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Full T2	Mod T2	T2 Combo
<a href="#">Run the 50m Square(200m)</a> <a href="#">x4 OT2'</a> <a href="#">50m Return OT60" x8</a> 1x 600m Reps @ <a href="#">RPE4- 5</a> 1x 400m Reps @ <a href="#">RPE4- 5</a>	<a href="#">Run the 50m Square(200m)</a> <a href="#">x4 OT2'</a> <a href="#">50m Return OT60" x8</a> 1x 400m Reps @ <a href="#">RPE4- 5</a>	2 x 1km Run (1:1 Work:Rest) You determine pace <a href="#">Run the 50m Square(200m)</a> <a href="#">x2 OT2'</a> <a href="#">50m Return OT60" x4</a>

## T3

[General Warm Up](#)

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

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

