



Field Umpires

Round 16

T1

[T1 Warm Up](#)

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[Umpire Choice T1 COD Drill](#)

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Full T1	Mod T1	T1 Combo
4'Run w 2'rest b/w sets x4 sets	4'Run w 2'rest b/w sets x2 sets	4'Run w 2'rest b/w sets x2 sets + (85m OT45" x6) x2 w 2' 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
(85m OT45" x6) x4 w 2' rest b/w sets + 2x 400m Reps @ RPE 4-5	(85m OT45" x6) x4 w 2' rest b/w sets	4'Run w 2'rest b/w sets x2 sets + (85m OT45" x6) x2 w 2' 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

