



Field Umpires

Round 17

T1

[T1 Warm Up](#)

+

[Umpire Choice T1 COD Drill](#)

+

Full T1	Mod T1	T1 Combo
<p>3' Run w 90" Rest x4 sets</p>	<p>3' Run w 90" Rest x3 sets</p>	<p>3' Run w 90" Rest x2 sets</p> <p>50m returns OT45" x6 20m Returns OT30" x6</p>

T2

[T2 Warm Up](#)

+

[Umpire Choice T2 COD Drill](#)

+

Full T2	Mod T2	T2 Combo
<p>Run 50m Arc OT45" x6 50m returns OT45" x8 20m Returns OT30" x8</p> <p>4x 1' game run OT2' Reps @ RPE 5</p>	<p>Run 50m Arc OT45" x6 50m returns OT45" x6 20m Returns OT30" x6</p> <p>2x 1' game run OT2' Reps @ RPE 5</p>	<p>3' Run w 90" Rest x2 sets</p> <p>50m returns OT45" x6 20m Returns OT30" x6</p>

T3

[General Warm Up](#)

+

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

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

