



# Field Umpires Round 18

## T1

[T1 Warm Up](#)

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[Umpire Choice T1 COD Drill](#)

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Full T1	Mod T1	T1 Combo
<p><a href="#">1' Run : 30" Rest x6</a> x3 sets w 2' rest b/w</p>	<p><a href="#">1' Run : 30" Rest x 4</a> x3 sets w 2' rest b/w</p>	<p><a href="#">1' Run : 30" Rest x4</a> x2 sets w 2' rest b/w + <a href="#">Straight line 15":15" Rest x3'</a> x2 sets w 90" rest b/w</p>

## T2

[T2 Warm Up](#)

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[Umpire Choice T2 COD Drill](#)

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Full T2	Mod T2	T2 Combo
<p><a href="#">Straight line 15":15" Rest x3'</a> x2 sets w 90" rest b/w + <a href="#">Shuttle 10" Run:10" rest x3'</a> x2 sets w 90" rest b/w + 4x 1' game movements on the 2' Reps @ <a href="#">RPE 5</a></p>	<p>As per Full T2  Simply drop the 4 x 1' game movements</p>	<p><a href="#">1' Run : 30" Rest x4</a> x2 sets w 2' rest b/w + <a href="#">Straight line 15":15" Rest x3'</a> x2 sets w 90" rest b/w</p>

## T3

[General Warm Up](#)

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

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

