



## Field Umpires Round 21

### T1

[T1 Warm Up](#)

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[Umpire Choice T1 COD Drill](#)

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Full T1	Mod T1	T1 Combo
<a href="#">3' Run : 90" Jog</a> x4 sets	<a href="#">3' Run : 90" Jog</a> x3 sets	<a href="#">3' Run : 90" Jog</a> x2 sets + <a href="#">Run the 50m Square OT2' x2</a> <a href="#">Run the 50m Arc OT60" x4</a> <a href="#">20m Return OT30" x6</a>

Don't stop, during 'Jog' use some backward, side to side etc. to mix up movements and change loading across the body rather than all straight-line

### 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 50m Square OT2' x4</a> <a href="#">Run 50m Arc OT60" x6</a> <a href="#">20m Return OT30" x8</a> + 1 x 600m OT5' 1x 400m OT4' Reps @ <a href="#">RPE4- 5</a>	<a href="#">Run 50m Square OT2' x4</a> <a href="#">Run 50m Arc OT60" x6</a> <a href="#">20m Return OT30" x8</a> + <i>OPTIONAL</i> 1x 400m OT4' Reps @ <a href="#">RPE4- 5</a>	<a href="#">3' Run : 90" Jog</a> x2 sets + <a href="#">Run the 50m Square OT2' x2</a> <a href="#">Run the 50m Arc OT60" x4</a> <a href="#">20m Return OT30" x6</a>

Don't stop, during 'Jog' use some backward, side to side etc. to mix up movements and change loading across the body rather than all straight-line

### 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> x3 Set Only  3-5' rest b/w sets	<a href="#">No Game Session 3</a> <a href="#">Mixed Method 1/4</a> x3 Set Only

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

