



Field Umpires Round 22

T1

[T1 Warm Up](#)

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[Umpire Choice T1 COD Drill](#)

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Full T1	Mod T1	T1 Combo
3x 800m OT5' 2x 600m OT4'	3x 800m OT6' 1x 600m OT5'	2x 800m OT5' + 6-8x 85m OT45' x2 w 3' b/w

Walk in recovery but use backward, side to side etc. within efforts 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
6-8x 85m OT45'' x2 sets w 3' b/w 1x 400m @ RPE 5 + 4x 1' Game Run: 1' Rest Reps @ RPE 5	6-8x 85m OT45'' x2 sets w 3' b/w 3x 1' Game Run: 1' Rest Reps @ RPE 5	2x 800m OT5' + 6-8x 85m OT45' x2 w 3' b/w

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

