



Field Umpires Round 23

T1

[T1 Warm Up](#)

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[Umpire Choice T1 COD Drill](#)

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Full T1	Mod T1	T1 Combo
2x 800m OT5' 2x 600m OT4' 2x 400m OT4'	1x 800m OT5' 2x 600m OT4' 2x 400m OT4'	1x 800m OT5' 1x 600m OT4' 1x 400m OT4' COD (10"Run:10"Rest x3') x1 3 x 1' game movements on the 2' Reps @ RPE 5

T2

[T2 Warm Up](#)

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[Umpire Choice T2 COD Drill](#)

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Full T2	Mod T2	T2 Combo
Straight (10"Run:10"Rest x3') x2 w 90" rest b/w COD (10"Run:10"Rest x3') x1 1x 400m Rep @ RPE 5 3x 1' Game Movement OT2' @ RPE 5	As Per Full Except 2' Sets for S/L Run + Drop the 400m Rep	1x 800m OT5' 1x 600m OT4' 1x 400m OT4' COD (10"Run:10"Rest x3') x1 3 x 1' game movements on the 2' Reps @ RPE 5

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

