

Hi All

This week we have goal umpires coaching sessions after training on Wednesday night.

I have included the field and boundary umpires training program for the remainder of the pre-season.

Just remember your discipline coaching sessions, which are held on Wednesday's (pre-season) all commencing at 7pm. Refer to the website if you are not sure.

Week and Date	Monday (Hanmer)	Tuesday (MacKillop)	Wednesday (Hanmer)	Thursday (MacKillop)
19 th – 22 nd Feb	Ladder Efforts	Ladder Efforts	3 x Groups: All drills run at the same time. Group A: Suicides over 50m Group B: 200 meter effort time remaining to complete push ups Group C: Point post to point post, then time remaining squats	3 x Groups: All drills run at the same time. Group A: Suicides over 50m Group B: 200 meter effort time remaining to complete push ups Group C: Point post to point post, then time remaining squats
26 th Feb-1 st March	30 sec on, 30 sec off for 5 mins Simulate game (cone to cone) Different drill for boundary and field umpires	30 sec on, 30 sec off for 5 mins Simulate game (cone to cone) Different drill for boundary and field umpires	High Intensity Training Session	High Intensity Training Session
5 th – 8 th March	Time trial: 2 x 1km efforts	Time trial: 2 x 1km efforts	Beep test	Beep test
12 th -15 th March	Labour Day No training	Catch up time trials – ladder efforts	Catch up time trials – ladder efforts	Catch up time trials – ladder efforts
19 th -22 nd March	Altona Beach Run 4km 6pm start <i>Academics Commence</i>	No General Training	3 umpire drills only at MacKillop 6pm start	Altona 100 Steps Run 6pm start
CHANGE OVER	Monday	Tuesday (Hanmer)	Wednesday (MacKillop)	Thursday (Hanmer)
26 th -29 th March	<i>Academics</i>	Season Training	Season Training	Season Training/Skills