Round 2

T1 – Tuesday

T1 Warm Up

+

C.O.D. Option 2 x 2/es + 4x Bounce/Backaway

+

Thur Game	Fri Game	Sat Game	Sun Game
Off-Legs	Own Choice	400m OT4' x1 200m OT2' x1	400m OT4' x1 200m OT2' x3

T2 – Thursday

T2 Warm Up

+

C.O.D. Option 3 x 2/es + 4x Bounce/Backaway

+

Full	Mod	Thur Game	Fri Game
(50m OT20'' x3') x3* sets w 3' rest b/w	(50m OT20'' x3') x2* sets w 3' rest b/w	GAME	PRE-GAME ACTIVATION

* Straight-line running for first set of 50mOT20" e.g. centre square. Every set after, you should use same intensity from first set but in game like movements around the ground. 50m efforts will include angled runs, and shift around the ground more closely replicating various scenarios.