Round 3

T1 – Tuesday

T1 Warm Up

+

C.O.D. Option 3 x 1/es + 4x Bounce/Backaway

+

Skill Drill 6 (x3 efforts) + Skill Drill 7 (x3 efforts)

+

Full T1	Mod T1	Thur Game	T1 Combo
3' Run : 3' Rest x3 2' Run : 2' Rest x3	3' Run : 3' Rest x2 2' Run : 2' Rest x2	2' Run : 2' Rest x2 + (15" Run:15"Rest) x3' x3sets* w 90"' rest b/w	2' Run : 2' Rest x3 + (15" Run:15"Rest) x3' x5sets* w 90"' rest b/w

T2 – Thursday

T2 Warm Up

+

C.O.D. Option 1 x 1/es + 4x Bounce/Backaway

+

Skill Drill 3 (2x reps)

+

Full T2	Mod T2	Fri Game	T2 Combo
(15" Run:15"Rest) x3' x5sets* w 90"' rest b/w	(15" Run:15"Rest) x3' x4sets* w 90"' rest b/w	PRE-GAME ACTIVATION	2' Run : 2' Rest x3 + (15" Run:15"Rest) x3' x5sets* w 90"' rest b/w

* Straight-line measured distance running for first set of 15". Every set after, you should use same intensity from first set but in game like movements around the ground. 15" efforts will include angled runs, and shift around the ground more closely replicating various scenarios.