



Round 4

T1 – Tuesday

T1 Warm Up

+

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

+

Skill Drill 1 (x3 efforts) + Skill Drill 2(x3 efforts)

+

Full T1	Mod T1	Thur Game	T1 Combo
800m OT6' x3 600m OT5' x3	800m OT6' x2 600m OT5' x2	(85m OT45" x6) x4 w 2' rest b/w sets'	600m OT5' x4 + (85m OT45" x6) x4 w 2' rest b/w sets'

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
(85m OT45" x6) x4 w 2' rest b/w sets'	(85m OT45" x6) x3 w 2' rest b/w sets'	PRE-GAME ACTIVATION	600m OT5' x4 + (85m OT45" x6) x4 w 2' rest b/w sets'

* Straight-line measured distance running for first set of 85m. Every set after, you should use same intensity from first set but in game like movements/patterns around the ground. 85m efforts (or equivalent time) should include angled runs, shifting around the ground and closely replicate various scenarios.

