Round 5

T1 – Tuesday

T1 Warm Up

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

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Pick Any 1 Skill Drill x 5'

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Full T1	Mod T1	Thur Game	T1 Combo
90" Run : 90" Rest x6 60" Run : 60" Rest x6	90" Run : 90" Rest x4 60" Run : 60" Rest x4	(10" Run : 10" rest x3') x5* w 90" rest b/w sets	90" Run : 90" Rest x3 60" Run : 60" Rest x3 + (10" Run : 10" rest x3') x2* w 90" rest b/w sets

T2 – Thursday

T2 Warm Up

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

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Pick Any 1-2 Skill Drills x 5' each

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Full T2	Mod T2	Fri Game	T2 Combo
(10" Run : 10" rest x3') x5* w 90" rest b/w sets	(10" Run : 10" rest x3') x4* w 90" rest b/w sets	PRE-GAME ACTIVATION	90" Run : 90" Rest x3 60" Run : 60" Rest x3 + (10" Run : 10" rest x3') x2* w 90" rest b/w sets

* Straight-line measured distance running for first set. Every set after, you should use same intensity from first set but in game like movements/patterns around the ground. You can also use a change of direction/shuttle with distances provided for these efforts as well.

The whole point is to use the first set to gauge the intensity required and then apply this distance (or equivalent time) so that your conditioning includes angled runs, shifting around the ground, replicating the ball switching or transitioning from deep defense into attacking 50m, a shot at goal etc. Actively visualise the scenarios and overlay the physical conditioning. Don't just run back/forth.