



## Round 6

### T1 – Tuesday

T1 Warm Up

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

+

Pick Any 1 Skill Drill x 5'

+

Full T1	Mod T1	Thur Game	T1 Combo
400m OT4' x6 + 200m OT2' x6	400m OT4' x4 + 200m OT2' x4	(50m OT20" x3') x5* w 90" rest b/w sets	400m OT4' x3 200m OT2' x5 + (50m OT20" x2') x3* 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

+

Full T2	Mod T2	Fri Game	T2 Combo
(50m OT20" x3') x5* w 90" rest b/w sets	(50m OT20" x3') x4* w 90" rest b/w sets	PRE-GAME ACTIVATION	400m OT4' x3 200m OT2' x5 + (50m OT20" x2') x3* 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.

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.

