



Round 10

T1 – Tuesday

T1 Warm Up

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C.O.D. 'Option 2' 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
1' Run : 30"Jog x5 (x3 w 2' rest b/w sets)	1' Run : 30"Jog x5 (x2 w 2' rest b/w sets)	(15" Run : 30" Rest x6) x4* w 2' rest b/w sets OR (85m OT45" x6) x4* w 2' rest b/w sets	1' Run : 30"Jog x5 x1 set + (85m OT45" x6) x2* w 2' 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
(15" Run : 30" Rest x6) x4* w 2' rest b/w sets OR (85m OT45" x6) x4* w 2' rest b/w sets	(15" Run : 30" Rest x6) x2-3* w 2'rest b/w sets OR (85m OT45" x6) x2-3* w 2'rest b/w sets	PRE-GAME ACTIVATION	1' Run : 30"Jog x5 x1 set + (85m OT45" x6) x2* w 2' 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.

ModT2: Prescribed 2-3sets depending upon turnaround time (5days or less) as 2x sets may be applicable

