



Round 8

T1 – Tuesday

T1 Warm Up

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

+

Pick Any 1 Skill Drill x 5'

+

Full T1	Mod T1	Thur Game	T1 Combo
3' Run : 90"Jog x4 sets	3' Run : 90"Jog x3 sets	(15" Run:15" Rest" x3') x5* w 90" rest b/w sets	3' Run : 90"Jog x2 sets + (15" Run:15" 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
(15" Run:15" Rest" x3') x5* w 90" rest b/w sets	(15" Run:15" Rest" x3') x4* w 90" rest b/w sets	PRE-GAME ACTIVATION	3' Run : 90"Jog x2 sets + (15" Run:15" 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.

3' Run : 90" Jog

Solid running for 3' but this is *not* trying to match 2km TT pace (90%) – think back to the Bushfire Relief game when the ball was pinging up and down the field with no defensive pressure and clean possession.

The 90" Jog is 60% of MAS but you don't stop/rest. I encourage the 60% jog to include some easy backward and side to side just to loosen up and change loading across body.

