



Round 11

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
800m OT6' x1 600m OT5' x2 400m OT4' x3 200m OT2' x4	600m OT5' x2 400m OT4' x3 200m OT2' x4	(8" Run : 12" Rest x3') x5* w 2' rest b/w OR (50m OT20" x3') x5* w 2' rest b/w	600m OT5' x2 200m OT2' x4 + (8" Run : 12" Rest x3') x2* w 2' rest b/w

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
(8" Run : 12" Rest x3') x5* w 2' rest b/w OR (50m OT20" x3') x5* w 2' rest b/w	(8" Run : 12" Rest x3') x2-3* w 2' rest b/w OR (50m OT20" x3') x2-3* w 2' rest b/w	PRE-GAME ACTIVATION	600m OT5' x2 200m OT2' x4 + (8" Run : 12" Rest x3') x2* w 2' rest b/w

* 8" Run should mimic passages of play at match-like intensity. If you choose 50m OT20" then that is straight-line measured distance running. Every set after, you should use same intensity from first set but ideally using 50m patterns around the ground.... which we should be elite at given measured 50m penalty implementation.

ModT2: Prescribed 2-3sets at umpire discretion.

