



Round 12

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 w 90" Rest x5 sets	3' Run w 90" Rest x3-4 sets	100m OT40" + 50mOT20" 5' Sets x3 w 3' rests b/w	3' Run : 90" Rest x3 + 100m OT40" + 50mOT20" 3' Sets x2 w 3' rests 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
100m OT40" + 50mOT20" 5' Sets x3 w 3' rests b/w	100m OT40" + 50mOT20" 5' Sets x2 w 3' rests b/w	PRE-GAME ACTIVATION	3' Run : 90" Rest x3 + 100m OT40" + 50mOT20" 3' Sets x2 w 3' rests b/w

* Note: 100m OT40" + 50m OT20" = 1' (1 minute) to complete 1x set therefore a 5' set should see you complete 5x 100m and 5x 50m.

Ideally 100m would be a shuttle of 50m up and back using centre square of an oval, however, should you have issues with change of direction or hammy tendinopathy you can change this to a straight-line 100m.

Ensure you check the specific sets/reps and rest times as these do vary between sessions.

