# Round 14

## T1 – Tuesday

T1 Warm Up

+

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 |
|---|---|---|---|
| 1' Run : 30" Rest x6 x3 w 2' rest b/w | 1' Run : 30" Rest x4 x3 w 2' rest b/w | (8" Run : 12" Rest x3') x5* w **90"** rest b/w _**OR**_ (50m OT20" x3') x5* w **90"** rest b/w | 1' Run : 30" Rest x4 x2 w 2' rest b/w + (8" Run : 12" Rest x3') x2* w **90"** rest b/w |

## T2 – Thursday

T2 Warm Up

+

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

+

Pick Any 1-2 Skill Drills x 5' each

+

| Full T2 | Mod T2 | Fri Game | T2 Combo |
|---|---|---|---|
| (8" Run : 12" Rest x3') x5* w **90"** rest b/w _**OR**_ (50m OT20" x3') x5* w **90"** rest b/w | (8" Run : 12" Rest x3') x2-3* w **90"** rest b/w _**OR**_ (50m OT20" x3') x2-3* w **90"** rest b/w | PRE-GAME ACTIVATION | 1' Run : 30" Rest x4 x2 w 2' rest b/w + (8" Run : 12" Rest x3') x2* w **90"** 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.

Note: 90" Rest during this phase compared to Round 11 which utilised 2' rests between sets

ModT2: Prescribed 2-3sets at umpire discretion.