



## Pre-Finals BYE Weekend (Sat 27-09-20)

### Session ideally completed with partner

Complete *your* standard Game-Day Warmup  
(ensure you inc. mobility bounces)

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4-6x 60m Building Strides w slow walk recovery  
(Start at 60% and add 5% each rep)

### Complete Below In Sequence

4x 60m 3-step sprint w walk recovery + Goal Post C.O.D. Drill 1 x1  
(60" passive rest after ea. and alternate COD direction each set so finish with 2x e/s)

+

MidZone Madness x4 sets w standard 1' rest after goal/ reps

+

10" Game Run : 5" Rest x3' w Rest 90"

+

MidZone Madness x4 sets w standard 1' rest after goal/ reps

+

3' Run : 90" Jog

+

2' Run : 60" Jog

+

1' Run

#### Mid-Zone Madness

- Drill based off a recent game which saw virtually this exact pattern of play with fast/multiple shifting of the ball.
- Umpire this entire sequence as the controlling umpire.
- Run hard, use your whistle, pay/call marks etc. and give 30" for set shot at goal as per instructions.
- Details of drill available online

