



Round 18

T1 – Tuesday

T1 Warm Up

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

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Full T1	Mod T1	Thur Game	T1 Combo
90" Run : 90" Rest x6 60" Run : 60" Rest x6	90" Run : 90" Rest x4 60" Run : 60" Rest x4	(8" Run : 12" Rest x3') x5* w 2' rest b/w	90" Run : 90" Rest x3 60" Run : 60" Rest x3 + (8" Run : 12" Rest x3') x2* w 90" 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	(8" Run : 12" Rest x3') x2-3* w 2' rest b/w	PRE-GAME ACTIVATION	90" Run : 90" Rest x3 60" Run : 60" Rest x3 + (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.

ModT2: Prescribed 2-3sets at umpire discretion.

