

11/26/14

Talk

- Thanksgiving Schedule (Thursday off, early practice on Wednesday and late practice on Friday)
- Schedule for Scrimmage on Sat (Singlet Saturday)
- Know your best turns. Want to have a game plan when on the top position and turns come down to resilience

Warm up

Gymnastic warmup

Quick Drills

Worked on getting on the head

Quick score and re-shots

Down Block => Stab FHL

Open Shots => Low singles or snag shot for bigger or newer guys

Technique

Knee pull Single

Clearing an Ankle Ride on Bottom => Stand up or Hip Hiest

Finishing Doubles properly by planting opponent and looking for Shelf-n-Claw

Live

Situational:

Starting in Double

Starting with Ankle Rides

Demon Drill

Conditioning

Ran Halls

3-2-2-1

Notes: