

1/9/14

Talk  
Pre-Match Workout @ Venue

Pre-Match Practice  
Regular warm up (run, tumble stretch)  
Shot Defense Drills  
Drill Neutral for 10 minutes  
BAD Drill  
Drill best top work for 5 minutes  
Whistle Starts on Bottom with Top man sparring.  
Start with leg in and spar.  
On Own for 5 minutes - Coaches worked with wrestlers on individual needs during these periods.  
Finish up with some sprints.