

Date: 11/12/2014

Talk

-Handed out grade reports sheets and went over instructions
-Talked about Hokie Open and how we had ex wrestlers doing well right away at college level. We had a lot of Freshman on our HS squad so related it to them and talked about how important being positive was for success and how those college wrestlers having early success were good at being positive when they were younger.

Warm up

Standard (jog, tumble, stretch)
Worked sucker drag to end warmup.

Quick Drills

None – focused on technique

Technique

Head in the Hole Cradle Finishes:

Barbell

Crunch

High Leg

Knee up

Live – Group of 4

Rd. 1 – One minute goes, total wrestling

Rd. 2 – 20 Second goes starting with Nearside Cradle

Conditioning

Sprints

Notes:

Knew we were going to be having a strong focus on head in the hole cradles from our Front Headlocks this year, so I wanted to cover how to get the pin from this situation early.