

Date: 11/13/2014

Talk

Covered Schedule for the rest of the week and weekend

Talked again about nutrition, hydration and certification

Warm up

Standard (jog, tumble, stretch)

Quick Drills

Shot defense to sprawl and down block leading to a Front headlock

1. Head in the Hole Cradles from FHL
2. Sucker Dragging when in the FHL

Technique

Quick Score (Snap go behind off opponents shot from ties)

Re-Shots

Double Shots (if you miss, how to follow up with another shot or attack)

*This will be a drill series that we work a lot so I wanted to take the time to break it down.

Live

Demon Drill

Bad Drill

Conditioning

Combined Live & Conditioning. Used the drills to execute a lot of shots and develop timing.

Notes:

Had to be out early this day due to team scheduled to do baseline concussion testing.