

Date: 11/14/2014

Talk
Schedule
Assistant, Coach Close, Talked about goal setting and handed out sheets. Have a reason to come to practice and work hard.

Warm up
Standard (jog, tumble, stretch)

Quick Drills
Hand fighting drills.
Called out tie
Wrestler 1 closes gap and gets tie
Wrestler 2 clears it and then scores

Quick Score-Re-Shot Drill

Technique
Basic Stand up
Wheel Stand up (When opponent gets ankle)
Wheel Cradle (Top wrestler pounds cradle when bottom wrestler wheels back with head too close to knee)

Live
Top/Bottom Wrestling
Longer goes. If bottom wrestler escapes other wrestler goes down. If bottom wrestler reverses keep going.

Conditioning
Lifted
Dead Lift 4 Sets working up to the last two being close to your 3 rep max
Pullups 30 in least amount of reps possible
Handstand Pushups 3 sets as max reps
Core Blaster

Notes:

