

11/18/14

Talk

Schedule for the Week

Importance of setting your mind for practice each day, no matter how you feel. When you walk through the wrestling room door flip the switch.

Warm up

Regular warm up (run, tumble stretch)

Quick Drills

Hand Fighting Drill

Finished with hand fighting sparring

Technique

Cross wrist series

-Knee up the rear chop

=> Ball-n-chain series

=> Tilts

One of our best top series, so I wanted to cover it early.

Live

Groups of 4

1 minute total wrestling first round.

20 second start with cross wrist on belly round two

Conditioning

Strength Training

3 Sets of 4 Hang Cleans

3 Sets 10 Curls

30 Pull Ups Least amount of reps

Core Blaster

Notes: