

11/19/14

Talk

Scrimmage coming up on Sat:

Talked about the importance of using it as a test run. We had them make a weight before we left for it and they need to eat properly, warm up properly and be ready to compete even though it isn't a big event.

Warm up

Gymnastic Warm up

Quick Drills

Opponent is Posting Off and we hit Russian Pull Series

Spar for 1-2 minutes

Technique

Leg Defense with strong emphasis on swim action.

Make sure they know how to clear the high leg to get opponent off the side.

Live

Situational:

-Start with leg situations

-Start with Cross Wrist on Base

-Start with Near Side Cradle

Conditioning

100 Walls (Each time they touch a wall it counts as one)

Notes:

Made some notes to cover finer points on Cross Wrist turns with several individuals the next day, from what I saw in situational wrestling.