

11/20/14

Talk

Picture schedule and order forms to turn in.

- Main goal of practice is to get better. Sometimes teammates that win all practice don't make near the improvements that a teammate that loses all practice. Be sure to push yourself to improve each day in some way.

Warm up

Regular

Quick Drills

-Down Block to Stab Front Headlock Series

-Quick Score & Re-Shot Drill

-1-2 minute spar session

Technique

Single leg finishes on the knees:

-Sweep to Back Side

-Sanderson Hook

-Low Lift

-Cut Back

-Drive to Feet and Finish

Live

Technique took long and they looked wore out. So we did drills for conditioning.

Conditioning

Bad Drills (1/2 out and 1/2 on wall) each wrestler did 30 second and then switch.

Did 1-2 but emphasized that they had to be sharp or would do them longer.

Notes: