

11/21/14

Talk

Coach Close gave talk about goal setting. Set little goals for each day.

Warm up

Regular

Quick Drills

-Chop Drill that focuses on catching cross wrist and constant forward pressure from top wrestler

-Russian Pull Series Review

Technique

Leg Defense:

Review Swim Situations

Hip bounce and toe hold techniques

Live

Total wrestling, longer goes. Several 4 minute sessions and finished with best of's

½ wrestling and ½ on wall.

Conditioning

Jog, Working Pace and Match Pace

Notes:

Points of emphasis from live: Clear wrists from bottom!