

11/22/2014

Talk

Schedule for scrimmage

Touched on the fact that it is important to take scrimmage serious and use to develop a system that will allow you to compete at your best.

You want a routine for making weight, eating after weigh-ins and warming up that you can count on.

Pre-Match Practice

Regular warm up (run, tumble stretch)

Drill Neutral for 15 minutes

Drill best top work for 8 minutes

8 Minutes on Bottom work (last 3 minutes working leg defense)

Coaches worked with wrestlers on individual needs during these periods.

Shorter conditioning of running.