

11/25/14

Talk

Thanksgiving Schedule

Talked about the importance of listening to coaches and not letting others restrict your limits. Often parents, friends, relatives etc have never striven for something physically and mental hard to attain and may not have the vision or beliefs a coach has. Never disrespect them but know that the sky is truly the limit if you set your mind to it.

Warm up

Regular with base drills

Quick Drills

Shot finishing drill (focus on singles on the knees)

Called out single finishes from knees. Wrestlers used any set up they wanted and made sure they were getting proper reaction from partner.

Technique

Farside Cradle Finishes (From Base)

-Hip to hip and drive down

-Suicide

-Houdini Defense

-Defense to Houdini

-Scoop ankle as run hip over

-Flop finish

Live

Group of three

1 minute goes and finished with best of's on the feet.

Conditioning

Strength Training

Squat - 4 Sets of 4 (last two sets we close to 4 rep max, first two were used as a warm up)

Straight Bar Curls - 2 sets ½ bodyweight 30 second periods

Upright rows - 2 sets ½ bodyweight 30 second periods

Wall walk

Notes: