

1/13/14

Talk

Recapped weekend at VA Duals. We lost to another team that we would have to beat to win the State Tournament.

- Biggest pain points were bottom wrestling and not competing the entire match.

Warm up

Regular

Quick Drills

Top Work (5 minutes)

Neutral Drilling (5 Min)

Stalking => Stab FHL

Opponent beats Down Block and gets to legs => clear legs with solid defense and then score.

Technique

Clearing wrists and top man ties then getting out. (Clear and Keep)

Single Bar

2 Single Bars

2-on-1

Cross Wrist (high & low)

Spiral

Claw

Live

30 Second periods top man starting with different ties. If bottom man go escape or reversal period was over. Everyone out at once. We did a lot. Would stop and coach situations as I saw them come up.

Conditioning

-Lift

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

Put half body weight on bar (heavy weights put 25-35 on each side of bar)

5 Reps of each, 3 Reps of each, 1 rep of each

Thruster – Upright Row – Push Press – Curl – Hang Clean (get as many reps as possible in 20 seconds.)

30 Pull- ups

Notes: Began to develop a master skill set for the bottom position that we would start working every day. This group was very young and inexperienced and they needed to become very good at the absolute basics. They had some decent turns and were aggressive on the feet but were getting ridden too much to use there weapons.