

1/15/2014

Talk

Went over schedule

Hosting home tournament and talked about opportunity to compete in front of home crowd and importance of staying focused and not hanging out with girlfriend or buddies between matches. Can do that on own time.

Warm up

Regular (Lite)

Bottom Master Skill Set

Quick Drills

Top Work (5 minutes)

Forcing Fhl => Offense (3 Min)

Stalking => Stab FHL (3 Min)

Technique

Cross Face Series Review

Ankle Down => CF => Barbed Wire

Ankle Down => CF => Cradle

Ankle Down => CF => Pancake

Ankle Down => CF => Ankle Back Down => Barbed Wire

Live

Situational

Group of 3 (Top-Bottom-Out)

-Start with CF and bottom wrestler on belly

-Start with different wrist controls on mat.

-Start in different leg situations on mat

Conditioning

Circuit Lift

Notes: