

1/16/14

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| <p>Pre-Match Practice Regular warm up (run, tumble stretch) Master Bottom Skill Set Shot Defense Drills Drill Neutral for 10 minutes BAD Drill Drill best top work for 5 minutes Start with leg in and spar. On Own for 5 minutes - Coaches worked with wrestlers on individual needs during these periods. Finish up with some sprints.</p> |
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