

1/19/14

Talk
Video and talk...
Showed some matches where good things happened and where guys stopped wrestling.
Talked about the fact that those letdowns will put you in the backside at states and if you have focus and don't relay during matches good things will happen.

Warm up
Regular
Master Skill Set
20 Minute Drill in Neutral
10 Minute Drill on Top
Bad Drill
Sprints
