

12-12-13

Talk

Schedule for Friday – Saturday Tourney (Varsity and JV)

Secret to improving quick (double your rate of failure)

Examples – former Cburg wrestlers

Warm up

Regular

Quick Drills

Double Unders Series

Clearing Under Hooks => Offense

Technique

Open Drill Time

Grinding Tight Waist Series or Ankle Down Series

Half Series

Live

None

Conditioning

Bottom Explosion Drill (whistle starts and call out escapes and reversals)

Notes:

