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
i Ceguiai
Quick Drills
Double Unders Series
Clearing Under Hooks => Offense
Clearing Older Hooks –> Ollense
T1
Technique
Open Drill Time
Grinding Tight Waist Series or Ankle Down Series
Holf Carias
Half Series
Live
None
Conditioning
Bottom Explosion Drill (whistle starts and call out escapes and reversals)
Bottom Expression Dim (winsite starts and can out escapes and reversars)
Notes: