

12/16/13

Talk

- Schedule For the Week
- Weight Management
- Peel off Head
- How good are you?

Warm up

- Regular

Quick Drills

- Base Drill > Tripod or Granby
- Single/Hi-C > Defense on Knee
- Force Front Head > Dump or Stab
- Angles > Snag Shot
- Spar

Technique

(1)

Back Ankle

Cut Back

Low Lift > Feet

Drive Up > Work Bench

(2)

Body Lock

Front Head > Pull Down Stab

Re-Throw

Start with Lock, High and Hip Toss

Live

Groups of 4

Conditioning

Lift

Notes: