

12/2/14

Talk

-Roster (Varsity & J.V.) – Go over lineups for first weekend of competition and be sure everything is clear. This is mainly for newer guys and to be clear on any wrestle offs that may need to take place.

-Schedule for the week

-Brag on D.J. – had notes to brag on one of the wrestlers for the good job they were doing. Was a young man that has had a big turnaround from year before and isn't one that has won a lot, but is doing things right.

Warm up

Regular

Quick Drills

Drill – 8 Minutes

Drill Open Offense – 3 Minutes

Quick Score & Re-Shot Drills – 2 Minutes

Down Blocking (Stalking) – 4 Minutes

Spar – 3 Minutes

Technique

Switch => Turk

Sit-Out => Head Hunt

Granby => Peterson

Live

Top/Bottom Goes

Conditioning

Strength Training

Dead Lift - 4 Sets of 4 (last two sets we close to 4 rep max, first two were used as a warm up)

Straight Bar Curls - 2 sets ½ bodyweight 30 second periods

Upright rows - 2 sets ½ bodyweight 30 second periods

Hang Cleans - 2 sets ½ bodyweight 30 second periods

30 Pull- ups

Notes: