

12-3-14

Talk

-Season is a marathon and not a sprint. Expect setbacks and have a plan for dealing with them. That plan should be staying positive and showing up every day with the goal of getting a little better.

Warm up

Regular

-With switch and Granby Solo Drills

Quick Drills

Drill – 8 Minutes (U-Hook Left side => Fake Shot => FHL => Pull Down & Go Behind)

- Left side U-Hook => Snag Single or Knee Pull Single

Drill Open Offense – 3 Minutes ( Fake shots => Double, Hi-C & Power Single)

Quick Score & Re-Shot Drills – 2 Minutes

Down Blocking (Stalking) – 4 Minutes

Spar – 3 Minutes ( Focus on forcing double shots)

Technique

Review – Switch, Sitout & Granby

- Sit out to Arm Gazonnee

- Side Roll

- Switch Re-Switch & Step Over

Live

Group of 4 Total Wrestling (2 minute periods)

Conditioning

Halls

Notes:

Tomorrow – emphasize shot defense in warmup

- Introduce danger hold & lift

Thursday – Spiral Half and CF Breakdown