

12-4-13

Talk

-Schedule for the week

-Learn & Hustle Day – Not going to be real physically demanding but will be mentally demanding. Hang carrot in front of them that if they are focused and look sharp, even though they may be tired, they will click through practice quick and get out early.

Warm up

Regular

- Hand Fighting from butt

Quick Drills

Solo Drills – 1). Stand ups 2). Sitout 3). Switch 4). Side Roll 5). Granby

Partner Drill – Bottom Chain Wrestling => Standup => Sitout => Switch => Roll

Spar on Bottom – 3 One Minute Periods

Technique

Common Ride Defenses w/ Danger

1. Claw Defense = Clear to Stand up & Wing Roll
2. Change Over to Stand Up, Wing Roll & Basic Half Defense for new wrestlers
3. Chop or Grind Defense – Brace and Kneeslide Stand Up & Kip Across when side chopped
4. Chicken Wing Defense – Inch fingers forward, Slip arm, shoulder down & Doughboy Roll
5. Crossface Cradle – Break Lock & Houdini
6. Nearside Cradle – Break Lock & Duck Across
7. Turn – Crawl Forward & Sit Thru

Live

Whistle Stand ups

Stand up spar 30 second periods

Conditioning

Lift with partner 30 seconds max effort -switch-then move to next station.

Circuit Stations in room: 1. Shots with Band 2. Pull ups 3. Foot Fires 4. Cuban Press w/ Bands 5.

Kettlebell Push Ups 6. Wrist Roller (arms straight) 7. Curls w/ Bands 8. Thrusters with Dumbbells 9.

Lateral Raises with bands 10. Pushups with Partner Resistance 11. Jump from Shins to Feet 12. V-ups

Notes:

Execute Stand up Series with Double Off Defense

Work Top Spiral Half and Crossface to Barbed Wire

Demon Drill

Shot Defense