

1/20/14

Talk

Recap past weekend

-Have to do three things 1. Know your best positions on feet 2. Know your best turns and breakdowns 3. Master game plan on bottom.

Stay after practice or get extra time in if you don't think you're there yet.

Warm up

Regular

Bottom Master Skill Set

Quick Drills

Single Leg Finishes On Feet (Knee up, Run Pipe and Going back and Forth)

Bull Dog Drill - 2 step drill; Step One - Shoot and continue to drive in Step Two - Finish

Down Block Drill => Stab FHL Series

Technique

Leg In Defense

On Leg In and behind the pits

One Leg in with Power Half

One Leg in Cross Body Ride

One Leg in on belly

Two Legs in on Base

Two Legs in on belly

Live

Group of 3 (1 minute periods) Top-Bottom-Out

I would call out different leg scenarios to start in.

Conditioning

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

Put half body weight on bar (heavy weights put 25-35 on each side of bar)

5 Reps of each, 3 Reps of each, 1 rep of each

Thruster – Upright Row – Push Press – Curl – Hang Clean (get as many reps as possible in 20 seconds.)

30 Pull- ups

Notes: