

1/2/14

Talk
Schedule for weekend and using backups in duals.

Warm up
Base Drill

Quick Drills
-4 Min - Shot Defense (Start in positions and work basic defenses)
-4 Min - Stalking and Downblocking
-4 Min - Clearing Elbow when sucked in on FHL

Technique
Leg Defense
Keep them out and dealing with them once they get in.

Live
Situational Wrestling
-Starting with favorite turn series
-Legs in

Conditioning
Strength Circuit
Partner Circuit, 30 Seconds Max Effort, Switch with Partner, Rotate Station
1) Shots with Band 2) Pull Ups 3) Foot Fires 4) Cuban Press with Bands 5) Kettlebell Push Ups 6) Wrist Roller 7) Curls with Bands 8) Thrusters with Dumbbells (9 Lateral Raises with Bands 10) Push Ups With Partner Resistance 11) Shins to Feet 12) V-Ups

Notes: