

1/27/2014

Talk

JV and B Team Guys Start thinking to next year and will still be expected at practice with modified schedule after conference.

Warm up

Bottom Master Skill Set

Quick Drills

Bull Dog Drill (4-5 Minutes)

Neutral Drill (4-5 Minutes)

Down Blocking Drill (4-5 Minutes)

Technique

Half Series

1. Ankle Down => Stuff Head & Half
2. Sweep Half
3. Head up, Look away, peel off and change over (half defense)
4. Suck back (if opponent does change over)
5. Hook n post (if opponent turns away)
6. Sit Up and Suck back

Live

One Match with OT and Ride Outs

Short Situational Goes with Top Wrestler starting in various half situations.

Conditioning

Lift

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: