

1/30/2014

Talk

Importance of getting workouts in however you can safely on snow days.  
Handed out a snow day, ideal workout. Need to do whatever you can but if have a mat this would be good. If you dont have a mat modify.

Warm up

Regular 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

Review Half Series  
Crossface Cradle From Base Series  
Set up and Explode to it on whistle

Finishes

1. Drive Over Hip
2. Suicide
3. Rip Back
4. Flop
5. Houdini
6. Counter to Houdini

Live

2 Matches  
Situations with Halfs and CF Cradles  
Best ofs (Takedowns)

Conditioning

Circuit Lift

Notes:

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