

1/31/14

Talk

Weekend is off then we go into Conference. Be smart!

Sleep, workouts, weight & social

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

Nearside Cradle Series:

-Pound on when bottom wrestler is defending chop

-Also, from cross wrist on base

Finish

1. Barbell (see the knee and step through)
2. Crunch (get knee on hip)
3. High leg over (pinch head and come back on top get knee in face)
4. Sit Through Defense
5. Roll Through when opponent sits through
6. Knee up leg

Live

Ton of situations covering (Half, CF Cradle and NS Cradle)

Gave breaks so they would actually work for the turn and not try to just survive.

Stopped and coached errors that they were making.

20-30 goes.

Conditioning

Halls

10 One lap sprints

Penn State Push Ups

Notes: