

### 1/3/14 Pre-Match

Talk Travel Plans
Warm up Standard
Quick Drills 10 Minutes on Feet 5 Minutes on Top Whistle Starts on Bottom -Leg Defense Series, Standups, Sitouts, Switches etc....
Technique
Live Situational Wrestling (very short goes and just did several) -Starting with favorite turn series -Legs in
Conditioning 10 Minutes on their own... (technique, live work with coach etc...)
Notes: