

1/6/14

Talk

Importance of Staying Positive and remembering what to focus on. (evaluate and improve)

*lost to a team that we would need to beat for state title.

Learn to focus on positive if confidence is an issue.

Warm up

Regular

Shot Defense Series (Single Knees, Single Feet, Hi-C Knees, Hi-C Feet)

Quick Drills

Best Top Series (5 Minutes)

Neutral Drilling (5 Minutes)

*Working on individual needs during this time. Time is flexible, if not seeing things I want to see we keep going. Use notes from previous competition for individual needs.

Technique

Stand Up Series:

Elbow Pinch Stand Up

Slip Arm Stand Up

Wheel Stand Up (Ankle Defense)

Kneeslide Stand Up (Bump Defense)

Tri-pod Kneeslide Stand Up (Chop Defense)

Crab Defense

Live

Group of 4

Round 1 (Bottom man starts. If Escape or Reverse 20 second period is over)

Round 2 (Called out different leg attack to start in. Start live when wrestler is in position 20 Second periods)

Conditioning

Lift: Body Weight on Dead Lift Bar. Get as many reps as possible 2-One Minute Periods and 1-30 Second Period.

In Groups of 2-3 and after Dead Lift Set go straight to 10 Pull Ups.

Finished with Wall Walk

Notes:

* We lost dual because two of our less experienced wrestlers were winning and did not react properly to leg attacks and got pinned. Hence Warm up scenario for week.