

2/4/14

Talk Set up and schedule (hosting the conference)
Warm up Regular Warm Up Bottom Master Skill Set Bottom Man Starts Drills
Quick Drills Bull Dog Drill from Shots (4-5 Minutes) Down Blocking Drill (4-5 Minutes) Spar (2-4 minutes)
Technique Review: Ankle Down and Crossface Series <ol style="list-style-type: none">1. Inside & Outside Breakdowns2. Sweep Foot3. Throwing a Crossface4. Barbed Wire5. CF Cradle6. Pancake7. Ankle Down & Freight Train or Barbed Wire
Live ½ out ½ on wall Match Best of's 7-5-3-1-1 Bottom Man starts
Conditioning Sprints Wall Walk Visualization Drill
Notes: