

2/5/14

<p>Talk Anyone can be beat. I have seen the best go down so the toughest guy in the state is vulnerable if proper gameplan is executed...</p>
<p>Warm up Regular Warm Up Explosive Wall Stand ups Bottom Man Starts</p>
<p>Quick Drills Bull Dog Drill from Shots (4-5 Minutes) Down Blocking Drill (4-5 Minutes) Spar (2-4 minutes)</p>
<p>Technique Review (with heavy emphasis on getting to side and attacking head) Half Series Ankle Down CF Series Near Wrist Series</p>
<p>Live Situational: Half Series Ankle Down CF Series Near Wrist Series Top man start with leg in.</p>
<p>Conditioning Circuit Lift Visualization Drill</p>
<p>Notes:</p>