

2/6/14

<p>Talk Went over schedule for weekend and talked about b teamers being ready.</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 Heavy Emphasis on Hand Fighting to V-Block and pulling the trigger on: Singles, Hi-C, Doubles and FHL's</p> <p>Also making sure they are finishing hard and not relaxing before points are scored</p>
<p>Live <math>\frac{1}{2}</math> n <math>\frac{1}{2}</math> Bad drills leading to favorite turn each would go 30 seconds and then rotate with groups on the wall. very strict about executing drill perfectly Told them we were going to do 6 perfect ones (each group) had to restart and not count several times.</p>
<p>Conditioning Jog - Working Pace - Match Pace (Short and intense) Visualization Drill</p>
<p>Notes:</p>