

2/7/14

<p>Talk Cant take anyone lightly. Be prepared for war no matter what has hapened in the past</p>
<p>Pre-Match Practice Regular warm up (run, tumble stretch) Master Bottom Skill Set Shot Defense Drills Drill Neutral for 10 minutes (working with individuals) BAD Drill Drill best top work for 5 minutes (working with individuals) Start with leg in and spar. Float Drill Finish up with some sprints.</p>