

Talk

11/15/14

Importance of Having PRACTICE GOALS

Warm up

Jog - tumble - stretch  
stance - n - motion

Quick Drills

Tie up Series

Technique

Single Finished on MAT

\* SNAIL - n - Post \*

- ① SANDWICH HOOK
- ② Low Lift + Pop off
- ③ Cut Back to S+C
- ④ Drive up + Any finish on feet

Live

Knap of 4

Conditioning

Sprints + Reps

Notes:

Remind of upcoming activity +  
importance of homework