



Setup Mastery Drilling Guide

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In this guide you will find seven drill sets you can use in practice to work on setups to neutral attacks. Use these drill sets “as-is”, mix and match or modify with offense that fits your program or style.

Drill Set #1

Open Setups

1. *Fake Shot => Double*
2. *Fake Shot => Power Single*
3. *Fake Shot => High Crotch (Hi-C)*
4. *Fake Shot => Front Headlock (FHL)*
5. *Fake Shot => Sweep Single*
6. *Fake Shot => Knee Pull Single*
7. *Fake Shot => Mis-Direction Duck*
8. *Fake Shot => Mis-Direction Double*
9. *Fake Shot => Low Hi-C*
10. *Fake Shot => Super Duck*

*Substitute or combine any of the above with
“Faking a Tie Up”*

Drill Set #2

Open Setups

1. *Fake Tie-up => Post Up Double*
2. *Fake Tie-up => Post Up Power Single*
3. *Fake Tie-up => Post Up Hi-C*
4. *Fake Tie-up => Post Up Knee Pull
Single*
5. *Fake Tie-up => Post Up Low Hi-C*
6. *Snap Off => Low Single*
7. *Fake Hi-C => Low Single*
8. *Super Duck*
9. *Drag (WW or Wrist Con.) =>
Lift-n-Return*
10. *Fake Drag (WW or Wrist Con.) =>
Single*

Drill Set #3

Loose Control Tie Setups

1. *Opponent Blocking => Russian Pull => Double*
2. *Opponent Blocking => Russian Pull => Power Single*
3. *Opponent Blocking => Russian Pull => Hi-C*
4. *Opponent Blocking => Russian Pull => Mis Hi-C => Low Single*
5. *Opponent Blocking => Fake Russian Pull => Single*
6. *Inside Tie => Pressure Snap => FHL*
7. *Inside Tie => Pressure => Sweep Single*
8. *Inside Tie => Fake Hi-C => Single*
9. *Inside Tie => Fake Hi-C => Near Arm Far Leg (NAFL)*
10. *Inside Tie => Fake Single => Firemans Carry*
11. *Inside Tie => Fake Single => Hi-C*
12. *Inside Tie => Fake Single => Duck Under*
13. *Inside Tie => Fake Shot => FHL*
14. *Inside Tie => Fake Shot => Pass Arm & Side Step
Hi-C/Double*

Drill Set #4

Loose Control Tie Setups

1. *Elbow Control (E-Con) => Push E-Con
In => Hi-C*
2. *Elbow Control (E-Con) => Push E-Con
In => Single*
3. *Elbow Control (E-Con) => Push E-Con
In => Duck Under*
4. *Elbow Control (E-Con) => Push E-Con
In => Mis Hi-C => Low Single*
5. *Collar Tie => Fake Shot => FHL*
6. *Collar Tie => Akin Passby*
7. *Collar Tie => Prescott Passby*
8. *Collar Tie => Passby=> Knee Block*

Drill Set #5

Loose Control Tie Setups

1. *E-Con => Pressure => Bootscoot*
2. *E-Con => Fake Single => Duck*
3. *E-Con => Fake Hi-C => Single*
4. *E-Con => Fake Shot => Knee Pull*
5. *E-Con => Iowa Elbow Pass => Hi-C*
6. *E-Con => Iowa Elbow Pass => Double*
7. *E-Con => Iowa Elbow Pass => Low
Single*
8. *E-Con => Iowa Elbow Pass => Sweep
Single*

Drill Set #6

Control Tie Setups

1. *Underhook (U-Hook) => Fake FHL => Hi-C*
2. *U-Hook => Fake FHL => Single*
3. *U-Hook => Fake FHL => Mis-Direction Duck/Double*
4. *U-Hook => Fake Shot => FHL*
5. *U-Hook => Fake FHL => Side Step Single*
6. *U-Hook => Fake Side Step Single => Farside Duck*
7. *U-Hook => Fake Single => Nearside Duck Body Lock*
8. *U-Hook => Fake Hi-C => Low Single*
9. *U-Hook => Fake Hi-C => Single*
10. *U-Hook => Double U-Hook => Attempt Body Lock => FHL*

Drill Set #7

Control Tie Setups

1. *Russian Tie => Head Drive Snag Single*
2. *Russian Tie => Fake Single => Shuck*
3. *Russian Tie => Fake Shuck => Head Drive Snag Single*
4. *Russian Tie => Bait FHL => Trip*
5. *Russian Tie => Fake Shuck => Step Around Throw*
6. *Russian Tie => Post Up Double*
7. *Russian Tie => Firemans Carry*