

- Technique – Neutral scoring – Set-up to score.

- **Constant Offense, Angle wrestling**
- **Position is everything**
- **Leg attack and FINISH**
- **Always controlling head/hands/inside or elbows**
- **Set-up to SCORE!!!!!!**
- **Moving forward 3 inches at a time (or more)**

SET-UP TO SCORE TECH:

- No Tie Series – fast style wrestling
 - Keys to success
 - Movement
 - Level changing
 - Positioning
 - Head and hand faking
 - Mis-direction
 - Warm-up Drills – OPPONENT REACHES SOMETIMES
 - Doubles – H/H Fake – blast hips, power drive up and cut hips and pop hips
 - High HC – finish with high tight power lift and cut, High back step crack
 - Fake high HC to high head inside – Step into it, finish with high back step sit down
 - Normal HC – Cut – step – lift finish, knee crush/turn in
 - Low picks – match feet, finish opposite
 - Mis-direction sweep – finish low and high (lift and post finish)
- Hand/Wrist Series –
 - Drag/Duck/Dump – finish all drags with step in
 - Opponent grabs hand on head – re-grab sweep shot
 - Wrist grab by opponent, elbow attacks to sweep and HC
- Inside Tie series – Inside Elbow
 - Keys – move your man, drive bus, push, pull snaps
 - HC – Finish with power lift
 - HC to head inside single
 - Sweep
 - Low sweep
 - Dump – near and far – with sprawls
 - Step duck and push in level change duck
 - Fake HC sweep or fake Sweep HC
 - Snap (standing) to
 - Pull HC
 - Far Ankle
 - Inside Trip
 - Deep Arm
 - Near cradle – back step

- Elbow/Collar Tie Series
 - Pass to High HC
 - Pass to HC
 - Pass to HI – opposite side
 - Pass to high (opposite arm) HI
 - Pass to fake high HI to pop double or HC
 - Twisting the Elbow to HC
 - Opponent snaps us to one hand on mat – hip duck
 - Bump Slide
 - Near Knee – Far shot
 - Elbow and far wrist duck

 - You Have Collar
 - High HC (with Circle back)
 - Ankle Pick – wrist pull and switch
 - Snap to shuck, to HI – high and low

- Front Head Arm Series – snap to it (or show head blocking to it) – STEP HOP DROP
 - Smash Pull
 - Head Hole
 - Ankle Chase
 - Throw by
 - Hand grab walk around or opposite side throw by
 - Opponent bucks up – Jump Cradle, far leg cradle

SPECIAL PT WORKOUT

- Under Hook Series
 - Throw by
 - Drive in – Head inside single (high)
 - Knee pick
 - Far Sweep
 - Ankle Pick
 - Inside trip to double
 - Lock to opposite side head lock or head lock

- Russian Series

- Pull down
- Off Post - Duck
- Off Post - Double
- Off over head- Dump
- Head Inside Single
- Lat pull
- Foot block, throw

- **“Live” Drilling technique –**

EXECUTION DRILL - SET-UP TO FINISH (DEFENSIVE GUY UP AND PUSHING IN)

TOTAL SCORING DRILL - (I SHOOT I SCORE, HE SHOOTS, I SCORE) - SHOT, FINISH, HE SHOOTS, YOU FINISH

DOMINATION DRILL - SHOOT, ALWAYS HANDS ON, OUT FRONT, SCORE AGAIN

8.5 MINUTE MATCH

70-70-25

- **SPECIAL PT WORKOUT**

– Bad positioning and Counter Offense Tech. – I SHOOT, I SCORE -HE SHOOTS, I SCORE

- **Bad Position Tech:**

- Low leg double series
 - Set to hip
 - Hip to step in split legs
 - Set to hip and turk
 - Set to hip, scramble back to HI
 - Set to scramble to limp arm
 - Peak
- Stuck Under Series
 - Drag- dump
 - Lock down of HC or firemans
 - HC – opposite hip sprawl lift to bundle
 - HC TO HI OR JUST HI – TO FOLLOWING: BUCK UP!!!!
 - Peak Out
 - Turn In
 - Back Door – to knee and butt - finishes
 - Knee pull
 - Beat whizzer – limp, hip down (Jones beat)
 - Leg lift, sit through
 - Seat belt series
 - Crack down series

- Body lock – elbow pinch – head to high leg
 - Body lock elbow pinch to head go high leg, to double
 - Step in – split
 - Leg elevate over
 - Hand catch, back out
 - Arm under – finish dump
 - Leg over head
 - Back arm reach, catch and step
 - Head hunt to cradle
- Scrambling/Funk Series:
- **CRACK DOWN SCRAMBLE – STEP OVER**
 - **CROTCH LOCK SCRAMBLE**
 - **RAISED UP SCRAMBLE**
 - **LOW LEG SCRAMBLE – TURN OUT, RODEO, STEP AND KICK**
 - **LOW LEG SCRAMBLE – STEP OVER, CROTCH LOCK**
- Counter offense series

COUNTER OFFENSE – DEFENSE IS NOT A WORD WE USE

ALL STARTS WITH A HEAD BLOCK

- Block, smash spin (arm control, head control,
- Block to re-shot double/HC
- Block to drag
- Block to front head series
- Under hook catch and throw by
- DOUBLE – DOWN BLOCK, CATCH AND DRAG (HC TOO)
- DOUBLE – BUMP DRILL – ELBOW PULL – TO PUSH OVER OR WHIP
- HC – OPPOSITE HIGH IN, TURN CORNER
- HC – BUMP, HEAD IN, WHIZZER AND SQUARE, PUSH AND SPIN
- HI - WHIZZER AND SQUARE, PUSH AND SPIN
- HC – BUMP, ARM BLOCK, BELLY AND ANKLE OR CROTCH LIFT TO SPIN
- HI RAISED – FIGHT LEG TO GROUND, HIP DOWN HARD
- HI RAISED – Eddie funk roll

80-80-30

Bottom scoring – Mental Toughness and drills to help

- **Handles key**
 - **Choose to be on belly, never further than an elbow**
 - **When you are down, this is what is happening – you are getting beat at that point, you are giving your opponent hope**
 - **BASE BUILD PROPERLY**
- Stand Up Series
- Inside leg
 - Knee slide
 - Change over

- Defense to lift
- Defense to leg drop
- Defense to cross body (switch)
- Defense to ankle pick
- Baby Stand up
- Short sit series
 - Key Short sit on leg for mobility
 - Seal hand catch hip heist
 - Head Rip
 - Hard turn
 - Stand up
 - Hip Heist
- Power Back Series
 - Beat the bulldog
 - Power back to create pressure (for turn in, roll, shrug)
- Hard Turn/Shrug Series
 - To 1 point
 - 2 points
 - 5 points
- Granby/Shoulder rolls – pressure created

Stopping opponent after breakdown:

- CLAW RIDE
- LEG RIDES
- CRAB RIDES
- MERKAL RIDES

– Scoring from top – riding and turning – physical

- **Discuss basic breakdowns and pinning combo's**
- **Chain wrestling, transitioning – ALWAYS IN SERIES**
- Tilt to Turks and finishes (Cradles and pins)
 - Elbow/Claw/Bar/Half/Tight waist tilt
- Wrist ride and turn
- Bulldog Rides and turns
- Cross Face Series

90-90-35

– Review Tech/Live Matches

RED FLAG PRACTICE (after question and answer period)