**Charger Wrestling 2019-2020 Practice Plan “Finish What you Start”**

* **4:10** **Lay out mats / Wash mats**
* **4:25 Weight line**

**Conversation- Introductions-Coaches.**

**Roll Call …**

 **Information see managers / practice times / website, etc…**

 **Practice times 4:30-6:30pm**

* Expectation on practice time-what time to show up, be here 20 minutes prior to practice
* “The Herd Affect.” Wrestling is Visual , Auditory and Kinesthetic
* Being late to practice unacceptable- communicate with staff
* 12 practices by first Match/Tournament (8- practices by GK-Takedown) Should have 12 by 12/2 and 15 by 12/7 Washington Tourney

**Explain Practice-/Week 1 (6 days)**

* Breaks for water
* Leaving the room- approve by a coach
* **4:30** **Warm-ups-10-15 minutes**
	+ - Circle drill
			* Run- roll out shoulders/arms/etc / pick up rocks / karaoke inside and out / hop on 1 foot circles / high knees / butt kickers / inside outside heel kicks / rapid feet sprint / deep squat sprint / forward roles / height distance / backwards run / backwards roll to splits / cart wheels / forward roll-hand springs / round off and bounce / walk on hands / bunny hops and circles / frog hops / backward half circles / knee crawl / knee sprint / push with under hook / push under hooks and pick up / single / double carry / fireman’s carry / partner sprints / sprawl sprints / Inside-Outside stance /
			* Optional Bear Crawl-w/ person hanging on neck and between legs /Bear Crawl-w/ partner on Back / Sprints w/ partner-holding hips / Partner Shoot-between legs and leap frog after/ partner sit-ups / partner push-ups / partner quick feet over Calves / Partner good mornings / Fireman buddy carry / Piggy Back carry / Partner climb .
* **4:45** **Stretch-5-10 minutes**
	+ - * Bounce, high kicks like soccer, etc… cross kicks hands out front / wind mills / big wide circles hips / Hangmen “5-count”/ Right hand left leg (Switch it up) Left hand right leg “5-count” / Left knee forward (Heal on Ground-Stretch Calf-Achilles) “5-count” - knee back (Head to knee-Stretch Hamstring) “5-count” (Switch it up) right knee forward “5-count”-right knee back “5-count”/ Groin Sit-hands on ankles and elbows on knees-butt on mat “5-count”/ Grab both knees and roll-it out (back and forth, left to right / all the way over-feet over head-left to right and right to left / Hollywood’s-Left knee over right leg-right hand behind knee “5-count” / Seal stretch / Knee under-reach / Neck- bridge head forward, “flip”, back-bridge on back- 5-reverse push-ups 10 reps / High leg over bridge / Grandbee Rolls / 3x sets Push-ups 20 reps / Sit-ups 20 reps
* **4:50 “EDD”Drills-30 minutes (rough 2 minutes each 1 minute per person)**
	+ - **(N)Alone-Stance**, Motion Drill, down block, knock-out, circle up. **(Explain & demonstrate)**
		- **(N)Hand fight/setup for shot** **(Head Peel, Head fake, Collar, inside tie (steering wheel)**, wrist-control, two on one (Russian) control, under hook, how to getting inside for a shot. **(Explain & demonstrate)**
		- **Teach (N)Pummel, sumo**…(getting into position to gain inside control of your opponent) **(Explain & demonstrate)**
		- **Teach (N) Shooting Tree-level change**, short steps (Level change, foot work, hips, hands on) **(Explain & demonstrate)**
		- **Teach Sit-out / Turn In/out**
		- **Teach Stand up (T) Stand / Return-**1 lift / 1 Backwards return (pressure back, balance / proper lifting, control and return) **(Explain & demonstrate)**
		- **Teach Outside leg stand up knee slide**
		- **Teach long sit**
		- **Teach Grandbee**
		- **Teach Switch**
		- **Teach Chain Movement** on ground to standing, to takedown, pinning combo (shadow and with partner)
		- **(B) Mat 4 Post Heist Drill**-Explain on Mat-all 4’s- Explain (understanding hips standing and on the mat) **(Explain & demonstrate)**
		- **Breakdowns-**Chop/block, tight waist far ankle, near ankle, 180°breakdown, Far knee to far ankle, Spirial ride (claw, near arm, tight waist/half),
		- **Pinning combos- Half, wrist, bars, cradles, tilts,**
		- **7’s** -double, single, High C, fireman’s, lateral, head and arm, favorite takedown
		- **Flow Wrestling** (Progession 4-Stand-escape, Heist, setup shot, shot, takedown, breakdown, near fall, cycle bottom wrestler / Progression 3-switch, breakdown, nearfall, build base, cycle bottom wrestler)
		- **Spin Drill-** 4 sets 10 second “G’s”, Spin Drill bottom man keep top man out front.
		- **Snap Down** Go Behinds, snap-front headlock, snap to front headlock to run and shuck, front Quarter Run and Shuck. Counters-bottow drag out’s, noodle, etc..
		- **Bottom wrestling** w/ partners sit and follow, movement

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Water 1:30 minute- Bringing water bottle w/ name on it- I will have water in the room daily

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* **5:20 Technique Progression 1 Stage-40 minutes**
	+ - Takedown 10 minutes (Coach-Ready, Wrestlers Clap)
			* Double Leg lift (3 set-up’s and finishes-Head peel, Collar-Inside Tie, double inside tie) Double / High Crotch / Snatch Single.
			* Finishing the double, off of the sprawl (what typically happens), etc…
		- Defense / Counters 10 minutes
			* Offense/shot-Defense Sprawl, cross face-whizzer, stuff the head to front ¼ or Front Headlock, go-behind
		- Top 15 minutes ( Breakdown, pining combos, defense)
			* Chop and block-gain wrist control, Tight waist far ankle, Far knee-Far ankle, wrist control Far side / nearside Half
			* Counter-Defense-off a chop and block: dropping to elbow, block out, don’t allow inside control on wrist or head, etc. Basic counter to half, arm peel look away.
		- Bottom 10 minutes (Escape, counter, Defense)
			* Inside stand-up (1,2,3), Pressure back (Always)Clear hands, hip heist, set-up to shot
			* Outside leg stand-up, knee slide out
		- Review the progression and why.

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Water 1:30 minute

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* **6:00** Review and drill **Takedowns learned**- examples
	+ - x5 reps per side (L&R) Being a Good Partner
			* Head peel / Double lift (10 total reps)
			* Double inside Tie / Double lift (10 total reps)
			* Collar/inside tie / Double lift (10 total reps)
* **6:10 Wrestle-8 minutes**
	+ - top/Bottom/Neutral (possible switch partners)
* **6:18 Animal/Hard workout**
	+ - **Sprints / stand-up sprint/double sprint**
* **6:24-6:30 Clean-up-put mats away / Coaching staff Handouts**
	+ - Expectation on practice time-what time to show up
		- Being late to practice
		- Coming to practice w/ Water bottle and extra clothes.
		- Injury vs. Hurts
		- Coaching Staff, Rules & Expectations, Calendars, Weight Assessment (information over the next several days.)
		- Skin Care-Ring Worm, MRSA-Staff, Impetigo
		- Nightly items- Homework, Cleanliness/Hygiene (showering, wash clothes, trimming nails, hair, skin issues), Eating right, Making Good Decisions.
		- Lockers later in the week.
		- Purchase of shoes, headgear, hair covers, mouth guards etc…
		- Handout, Spirit wear 11/17-11/24, Parents Meeting Thursday 11/21 in Chargers Team room at 7pm, etc.
		- **Goal Setting- I read a great Article by Steve Fraser-1984 Olympic Gold Medalist in Greco. He said. Let’s face it, the best athletes or most successful people in the world all have one thing in common…They are** **“All-In!” They are Committed, devoted, Steadfast, unswerving, dedicated, fanatical, obsessive and passionate are all core words that represent the main ingredient when it comes to creating one’s success. Committed, devoted and dedicated to the effort is paramount. Plus being steadfast and unswerving when adversity hits. Fanatical and obsessive in one’s preparation will move one ahead of the pack. And of course, Passionate! One must love what he/she is doing and must be passionate about what they are trying to accomplish.**

**The “All Inn”, attitude is the key to creating a lifestyle and reputation that funnels one to the top of their weight class. Remember there is little room for half-hearted effort and less than total commitment at the top. Let’s buy into the “All In” Lifestyle this season!**

* + - **Captains, Break us** out tonight, on 3-say Chargers!
* **6:40 Medal Round (Wrestling w/ coaches, Running, Weight room, Goal setting, etc…)**
* **7:00 Go Home (Repeat)**

“Soul Searching” is getting up before school and putting in 20-30 minutes of work.