**Midget Practice Dec 11, 2013**  Karl Stein, Travis Devine, Keith Orrison

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| **Session (Daily) –**  6:00 – 6:10 – **Warm up** (Prepare / Prevent Injury)  Jog, cherry pick, Shuffle stance facing Out/In, Gap jumps, forward roll, Drop Step  6:10 – 6:15 – **Stretch** (Breath and reach further)  Stretch - Legs, Groin, Back, Neck bridge  6:15 – 6:20 – **Calisthenics** (don’t cheat yourself)  Jumping Jacks / pushups x10 x3 (good form)  crunches x10x3 / Windmill  mountain climbers 3 count x 10  6:20 – 6:30 **Drill** – Drop Steps, Sprawls (line #1 / #2)  Sit Out, Stand Up, Double Leg  6:30 – 6:35 **Conditioning**  Suicides, bear crawl 5 pushups, army crawl, crab bridge 5 pushups, wheel barrel, Wall Squats  <Head Gear> Water-----------------------------------------  6:35 – 6:40 **Instruction - Tournament observations**  Lower level, takedown (angle of attack)  Explosive powerful movements (intensity)  Wrist Control, Duck Under, Tie up Arm Chop, Inside Tie Pull Head, Underhook to single leg / Bear Hug Single Leg Defense  6:40 – 6:50 **Drill** – Lower Level & Shoot  6:50 – 7:00 **Instruction**  Double Leg, head outside, if head gets trapped inside, clamp on the leg get on toes and spin to the leg, Backdoor, or show split the legs to pinning combo  7:00 – 7:10 **Drill** – Head inside reactions  7:10 – 7:15 **Instruction - Setup**  Under Hooks to Single Legs, Tie Ups – Pummel to Arm Cross / Chops, Duck Under / Over Hooks  7:15 – 7:25 **Drill** –  7:25 – 7:30 **Instruction – Top position**  Hook Chin come over top to half nelson - stay on toes  7:30 – 7:40 **Drill** – Hook Chin  **Stay on your feet, don’t drag opponent down**  <Head Gear> Water-----------------------------------------  7:40 – 7:50 **Live/Situational Wrestle**  Standing top man lock hands, Wizards (head gear)  Water---------------------------------------------------  7:40 – 7:45 **Gut Check**  Pushups. Sit ups. Superman banana. Sprawls. Wall Squats. Run/Sprint in circle. Squat Jumps.  7:45 – 8:00 **Games**  Sharks/minnows, Sumo, Steal the bacon, King of the hill, Relay race  **Announcements** :  Cut finger nails, nutrition, hygiene, rest  **Review Items**  -Attack Stance, Circle, Close Distance, Penetration  -Double leg tackle and following it up with a half  -Half nelson, reverse half  -Stand up and how to get away once we stand (new)  -Breakdowns (tight waist-far ankle/chop the arm)  -Breakdown – cross face- hip in) make sure they are up on the back where they can cross face down, not across.  -sprawl  -sprawl cross face – (new) rip cross face to the back  -bridge (add punch thru to the end)  -look away and peel half off  **Rules**  Starting match, referees position, when the whistle blows, what to do when it blows. Out of bounds lines, what is a pin, what is a takedown, when do we get points, how long are periods, when we stop for out of bounds, what do we do? What happens if we pin or get pinned? What to do after the match? Before the match? | **Technique -** Stance Fundamentals, Wrestlers grip  Neutral - Opposite vs. Toe to Toe  Blast Double Leg, Sweep Single Leg  Duck Under  Fireman Carry  Sprawl / Cross face  Front Head Lock, Gator Roll  Top Position – Break downs  Tight Waist – Chop Arm  Tight Waist – Far Ankle  Far Knee Far Ankle  Far Arm Near Leg, Turk  Crab Ride  Bottom Position  Stand Up (Wrist control)  Sit out  Switch  Half Nelson (wing down) / Look away and peel  Pinning  Half Nelson w/ Navy  Tight elbows. Look away. Peel. Wing down.  Back  Bridge  Drills  Pummeling drill  Spin drill  Hip Heist drill  Position Wrestling (30 seconds)   1. 3-Stand up- top break down 2. 3-In double – pull it in, top sprawl 3. Half Nelson 4. Take downs   Setups  Control distance, circle, look for mistakes, Feint  Hands in Face, Wrist Control  Pummel arm across  Pummel Arm Chops  Under Hook  Inside Arm and control Head  Concepts  Visualize  Linking Moves  Transitions  Situational Awareness  Isolation  **Techniques**  Double Leg (Tackle / Lift Chop Knee)  Duck Under  Fireman Carry  Ankle Pick  Single leg  Standing Headlock  Front Headlock  Pancake  Stuck underneath – block and dump  Russian Series  Top Position  Far Knee Far Ankle  Far Arm Near Leg Turk  Spiral ride  Crab ride  Power half  Ball and chain  Cross face Cradle  Throwing Legs (Jacobson)  Bottom Position  Elbow roll  Mule kick  Peterson  Setups  Over hook Under hook  Pummeling  Arm Drag |
| **Gut Check**  Pushups. Sit ups. Superman banana. Sprawls. Wall Squats. Run in circle. | **Pinning Combos**  Half nelson, Reverse-Half, Near side cradle,  ¾ nelson, bear hug, arm bar |
| **Games** – Take Down Tourney – King of the Hill. Start lightest, go to top. Then Start top and go back down.  Fox tails, sharks/minnows,  Relay race, freeze tag, tug o war, king of the hill, sumo, steal the bacon, knee ball | **Drilling**  Double Legs, Breakdowns, Standups, Standup-reshoot, Half – jump other side, Half-reverse half,  Spinning, breakdowns, sit outs, elbow rolls, wrist control, |
| **Announcements** :  - Wait out in hall until HS completed  - do not wear shoes to practice  - bring water  - no food  - eat about 4:45, healthy choices | **Gut Check**  Sprints, Up Downs, circle jog, mountain climbers,  Push Ups, Sit Ups, Shadow Shots, Cards, Backbreakers, Russian Sit-ups, Crab Rolls, Leap Frog, Jump Rope, Wheel Barrow, Stand Ups, Sit Turns, Forward rolls, backward rolls, bear crawls, pyramid runs, bear crawls, army crawls |