

CONESTOGA WRESTLING

Wednesday, November 16th, 2022

- I. **Pre-Practice Check In (5)**
 - a. Handbook and order reminder; Classroom behavior; Respect our space and time
- II. **Warm-Up (15)**
 - a. Jog, Stance, Tumble, Partner Work
 - b. Partner Stretch
- III. **Quick Drills – (10)**
 - a. Bad Drill to High-c series
 - b. Bono Drill to leg attack
 - c. Shoot/Reshoot (NWA can use this as TD practice-will work re-shoot later)
 - d. Stay on Base Drill
- IV. **Wrestling – Groups of 4 (10)**
 - a. 3 @ 3:00 periods, wrestle for fall
- V. **Drink (5)**
- VI. **Quick Technique (30, 15min each)**
 - a. Single Leg ([Backside Single](#); [Underhook to Single](#)) and finishes
 - b. Shot Defense ([sprawl and extend](#), whizzer)
- VII. **Group Work (35 min)**
 - a. Advanced
 - i. Technique (5): Review FHL and score
 - ii. Drilling (10):
 1. Single leg and finish
 2. Triplet drill
 3. Counter single leg and clear him off legs THEN score
 4. Counter shots to re-attacks (FHL or reshot)
 - iii. Rotation Wrestling (20):
 1. Two groups: 9 @ 2:00 min
 - b. NWA Lesson w/ Both Groups (5): Scoring points in matches (just basic scoring and demonstrate)
 - c. NWA #1 (15) – Single Leg
 - i. Extra Technique practice – Work on finishing single leg when opponent counters (build back to position and work through the takedown)
 - ii. Wrestling: 3 @ 1:00 TD and Cut (single legs only!)
 - d. NWA #2 (15) – Shot Defense
 - i. Extra technique practice – Focus on stretching opponent out and clearing them off legs before working to score; show crossface and ankle
 - ii. Wrestling: 3 @ 1:00 TD and Cut (each group needs to have 3 attacks per period)
- VIII. **Conditioning (20)**
 - a. Mat Ladder: Baby, Bear, Walrus, Sprint
 - b. Pin Point
 - c. Chess
- IX. **Debrief (5)**
 - a. Updates and reminders – hydration testing
 - b. Second check of weight/body fat? Stay after or make plans to get checked.