

# Practice #6

December 5, 2007

Min	End	Who	Type	What/Notes
Pre	3			Rope climb 2x - Jump rope - Shadow wrestling - Chin-ups
10	3:10			Jog
10	3:20			Stretch/Announcements
3	3:23	A	I	Spider
4	3:27	V	I	Drop Step length of mat
3	3:30	A	I	Shadow
3	3:33	V	I	Switch
4	3:37	A	I	Wall
4	3:41	A	P	Pummel
4	3:45	V	P	Game: Shoe Laces
15	4	C	T	Inside control - Single - Run the pipe
15	4:15	C	T	Inside Stand-up - Cut
10	4:25	A	P	Switch and Switch counters: Step Over and Reswitch
5	4:30	A	R	Switch counter: Blast
10	4:40	V	P	Double Leg series
10	4:50	C	S	15 sec: Switch - Double Leg - 1/2 nelson flat - Single Leg
15	5:05	V	S	3M Rotation 1M periods
5	5:10	A		Spinning
10	5:20			Exercise stations
10	5:30			Warm-down/Announcements

Note -

1. This example is not an actual practice. It simply illustrates how to use the notation. We are looking for coaches to submit plans for the first week of practices. E-mail them to us at : [Wrestlingasst@aol.com](mailto:Wrestlingasst@aol.com)

2. In the example above under Who **C** represents the head coach, **A** the assistant coach and **V** volunteer coach. If it's blank, then all coaches are involved. Under Type **I** refers to individual drill, **P** drill with a partner, **T** is a teaching session and **S** is scrimmage.

3. Write announcements on the back.