| Weeks 1 and 3 | Weeks 1 and 3 Practice 1-White | Weeks 1 and 3 Practice 1-Red | Weeks 1 and 3Practice 1-Blue |
| --- | --- | --- | --- |
| Strength1 | squat jumps | burpees | alternating lunge hops |
| Skill1 | forward rolls | backwards roll | round-offs |
| Educate1 | lead leg | hand fighting | scoring |
| Review Previous Technique | Back Step | stand-up | front headlock |
| Technique1 | Position and Motion | double leg - tackle finish | lifting - from behind (return to the mat) |

| Weeks 1 and 3 | W1,3 P2-W | W1,3 P2-R | W1,3 P2-B |
| --- | --- | --- | --- |
| St2 | push-ups | wall sits | explode to feet from knees |
| Sk2 | bear crawl | cartwheels | wheel barrow |
| Ed2 | core strength | locked hands and full nelson | set-ups and finishing |
| RPT | position and motion | double leg- tackle | lifting |
| T2 | level change and penetration step | spiral ride breakdown to 1/2 nelson | single leg - to pit and finish |

| Weeks 2 and 4 | W2,4 P1-W | W2,4 P1-R | W2,4 P1-B |
| --- | --- | --- | --- |
| St3 | lunges | inch worms | push-up to side planks |
| Sk3 | duck walk | seal crawl | mountain climbers |
| Ed3 | referees, neutral position | drilling | stalling, false starts |
| RPT | level change and pent step | spiral ride breakdown to 1/2 | single leg - pit and finish |
| T3 | top/bottom set | downblock/sprawl to counter offense | whizzer defense |

| Weeks 2 and 4 | W2,4 P2-W | W2,4 P2-R | W2,4 P2-B |
| --- | --- | --- | --- |
| St4 | neck bridge | hand stand | leg raises with partner |
| Sk4 | army crawl | crab walk | high knees, butt kickers, carioca |
| Ed4 | explosion | live wrestling | wrestling styles - FRECO |
| RPT | top/bottom set | db/sprawl to counter off | whizzer |
| T4 | back step | stand-up | front headlock |

Repeat Week 1 during 3rd week of month. Repeat Week 2 during 4th week of month.

|  |  |  |
| --- | --- | --- |
| W = White Shirts | R = Red Shirts | B = Blue Shirts |