



Basics Top Position

Plan #151

Mon Sep 18, 2017

1. WARM UPS

- ☐ 1.1 Jogging, Skipping, Games

2. SKILLS

- ☐ 2.1 Hand Fight & Tie Ups
- ☐ 2.2 Pummeling With Feet Moving
- ☐ 2.3 Penetration Step
- ☐ 2.4 Knee Pound/Knee Slide Drill
- ☐ 2.5 Spin Drill
- ☐ 2.6 Base Up from Bottom
- ☐ 2.7 High Leg & Hip-Heist Drill
- ☐ 2.8 Inside Control from Bottom
- ☐ 2.9 Cut-Off Drill On Wall

3. BASICS TOP POSITION

- ☐ 3.1 Near Arm Chop
- ☐ 3.2 Near Arm Chop to 2-on-1 Breakdown
- ☐ 3.3 Half Nelson
- ☐ 3.4 Half Nelson with Far Arm 1-on-1
- ☐ 3.5 Half Nelson with Far Arm Backhook
- ☐ 3.6 Near Cradle To Turk Finish
- ☐ 3.7 Crossface Cradle From Knees
- ☐ 3.8 Leg in Power Half
- ☐ 3.9 Leg In Tilt with Backhook fed thru crotch
- ☐ 3.10 Near Arm Block To Spiral Breakdown
- ☐ 3.11 Tilt from Claw Ride
- ☐ 3.12 Tilt with Tight Waist and Backhook
- ☐ 3.13 Behind Standing Tackle
- ☐ 3.14 Bring To The Mat

4. SITUATIONAL WRESTLING

- ☐ 4.1 Situation Drills
- ☐ 4.2 Round Robin - Groups Of 3

5. CONDITIONING

- ☐ 5.1 Dodgeball