



# Basics Neutral Offense

## Plan #150

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. BASIC NEUTRAL POSITION OFFENSE

- ☐ 3.1 High Single & Turn The Corner
- ☐ 3.2 Head Tie-Up With Inside Control
- ☐ 3.3 Clean Arms To Leg Attack
- ☐ 3.4 Club Down from Feet v Knees
- ☐ 3.5 Double Leg Driving Finish
- ☐ 3.6 Duck Under Drill
- ☐ 3.7 Sag Headlock

### 4. SITUATIONAL WRESTLING

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

### 5. CONDITIONING

- ☐ 5.1 Dodgeball