

Weeks 1 and 3	Weeks 1 and 3 Practice 1-White	Weeks 1 and 3 Practice 1-Red	Weeks 1 and 3 Practice 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
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