



2012 MIDDLE SCHOOL In Season Training Program

Date	Day	Practice Plan
10-Jan	Tuesday	Hand Fighting With A Purpose (control ties, set-ups, creating angles, etc.)
12-Jan	Thursday	Structured Drill (30 minutes - *intense*), Live Combat and PNF Stretching Same Practice
13-Jan	Friday	Structured Drill (30 minutes - *intense*), Live Combat and PNF Stretching
17-Jan	Tuesday	Position-Based Wrestling (understanding the difference between "moves" and "positions")
19-Jan	Thursday	Structured Drill (30 minutes - *intense*), Live Combat and Circuit Training Same Practice
20-Jan	Friday	Structured Drill (30 minutes - *intense*), Live Combat and Circuit Training
24-Jan	Tuesday	Play Wrestling (learning the art of scrambling and being creative/innovative - <i>Celebration of Experimentation</i>)
26-Jan	Thursday	Structured Drill (30 minutes - *intense*), Live Combat and Conditioning Same Practice
27-Jan	Friday	Structured Drill (30 minutes - *intense*), Live Combat and Conditioning
31-Jan	Tuesday	Isolated Situations (focusing on fine details within positions during live combat)
2-Feb	Thursday	Structured Drill (30 minutes - *intense*), Live Combat and Same Practice
3-Feb	Friday	Structured Drill (30 minutes - *intense*), Live Combat and
7-Feb	Tuesday	Choreographed Wrestling (understanding how to chain wrestle while retaining knowledge of basic skills)
9-Feb	Thursday	Grind Match #1 - 45 minutes live combat
10-Feb	Friday	Technique: Shot Recovery/Defending Front Headlock
14-Feb	Tuesday	Conditioning Test #1 - sprint repeats, executions, push-ups - individual technique/one-on-one attention
16-Feb	Thursday	Pre-Match Warm-Up (developing a routine) plus 3 matches (visitors welcome!) ***bring singlets***
17-Feb	Friday	Technique: Shot Defense (punishing your opponent)
21-Feb	Tuesday	Tough On Top (learning how to ride - the concept - hip pressure, no space)
23-Feb	Thursday	Tool Box Activity (identifying technique/arsenal) plus Structured Drill (45 minutes - "system drilling")
24-Feb	Friday	Technique: Tilts
28-Feb	Tuesday	Technique: Spiral Ride
1-Mar	Thursday	Structured Drill (30 minutes - *intense*), Live Combat and Circuit Training (2 rounds: 10 stations x 30 seconds)
2-Mar	Friday	Structured Drill (60 minutes) - mixed with live combat - HOMEWORK: choreograph a match (3 x 1.5 minute periods)
5-Mar	Monday	Conditioning Test #2 - sprint repeats, executions, push-ups - PERFORM choreographed match
7-Mar	Wednesday	Structured Drill (20 minutes) - 4 matches (3 x 1.5 minutes running clock)
8-Mar	Thursday	Structured Drill (30 minutes) - 2 matches (3 x 1.5 minutes running clock)
10-Mar	Saturday	Kid's Folkstyle Regionals
12-Mar	Monday	Technique: Troubleshooting
14-Mar	Wednesday	Structured Drill (70 minutes includes warm-up)
15-Mar	Thursday	Grind Match #2 - 45 minutes live combat
19-Mar	Monday	Conditioning Test #3 - sprint repeats, executions, push-ups
21-Mar	Wednesday	Structured Drill (30 minutes) - individual technique
23-Mar	Friday	Kid's Folkstyle State - Madison, WI
24-Mar	Saturday	Kid's Folkstyle State - Madison, WI
26-Mar	Monday	Troubleshooting
28-Mar	Wednesday	Troubleshooting
30-Mar	Friday	USAW Folkstyle National Championships - Cedar Falls, IA
31-Mar	Saturday	USAW Folkstyle National Championships - Cedar Falls, IA

