**Lowell Wrestling Typical Practice**

**MWA Coaches Clinic**

1. Bring it up at the beginning of every practice.
2. Warm Up
   1. Jog > 5 lines > Active Stretch
3. Repetitions
   1. Slide by and Pull-downs
   2. Post/Elbow pass
   3. High Single
   4. Singles
   5. High Crotch
4. Technique
   1. Usually One move or series in each phase (Top, Bottom, Neutral)
   2. Example: Cinch and Lift, Land good knee slide, Inside Tie to High Crotch.
   3. Technique always builds on itself
5. Spar/Link Drilling
   1. Sparring Rules: Stay in stance, stay in contact, Land good.
   2. Start with Inside Tie-Crotch
   3. Then add in Cinch and Lift
   4. Then add in Knee Slide
   5. Then add in go behind to Cinch and Lift.
   6. Low single Defense to Cinch and Lift - knee slide
6. Live Wrestling - Usually once per week.