1/20/14 Left for States

Practice at Civic Center Pre-Match Practice Regular warm up (run, tumble stretch) Master Bottom Skill Set
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Shot Defense Drills
Drill Neutral for 10 minutes (working with individuals)
BAD Drill
Drill best top work for 5 minutes (working with individuals)
Start with leg in and spar.
Float Drill
Finish up with some sprints.