



Practice Plan – Thursday 9/5

1. Warm-Up (10 min)

- **5 Hill Jogs** (steady pace, build rhythm)
 - **5 Backward Hill Walks** (controlled steps, balance + posterior chain activation)
-

2. Stretch (5 min)

- Forward Fold – hamstrings & back
 - Hip Flexor Stretch (both sides)
 - Shoulder Openers (banded or wall)
 - Breathing reset
-

3. Mental Model A – Curse of Knowledge (5 min)

- **Definition:** Experts forget what it's like to be a beginner, making communication harder.
 - **Wrestling Example:** A veteran showing a single leg may skip explaining head position because it feels obvious.
 - **Misconceptions:**
 - “If you can do it, you can teach it.” (Truth: good teaching means bridging the gap for learners.)
 - “Beginners should figure it out.” (Truth: empathy and clarity accelerate learning.)
-

4. Workout 1 – Hill Conditioning (~25 min)

- **10 Uphill Sprints** – 6–8 seconds each, walk down recovery (60–90s)
- **8 Backward Uphill Sprints** – 6–8 seconds each, walk down recovery
- **6 Bear Crawls Uphill** – 10–15 yards
- **4 Backward Bear Crawls Uphill** – 10–15 yards

Emphasis: power, explosiveness, and grit.

5. Mental Model B – Discipline Equals Freedom (5 min)

- **Definition:** Discipline builds the foundation that allows freedom and creativity.
 - **Wrestling Example:** Daily drilling of doubles frees you to focus on setups and timing in live matches.
 - **Misconceptions:**
 - “Discipline means rigidity.” (Truth: discipline creates options, not restrictions.)
 - “It kills spontaneity.” (Truth: it’s what makes real improvisation possible.)
-

6. Workout 2 – Wrestling Games & Drilling (~20 min)

- **Partner Blocks:** head block → thumb block → elbow block.
- **Attacks:** arm drags, slide-bys, duck unders (flow into finishes).
- **Scoring Games:**
 - Double/single leg chase.
 - Snapdowns into front headlocks.
 - Any forced mat contact = score.

7. Mental Model C – Emotional Contagion (5 min)

- **Definition:** Emotions spread; frustration or focus can ripple through the group.
- **Wrestling Example:** One frustrated partner can kill a drill, while positive intensity lifts the room.
- **Misconceptions:**
 - “Ignore others’ emotions.” (Truth: group energy matters; learn to manage it.)
 - “Only leaders influence the room.” (Truth: every partner contributes to team energy.)

8. Cool Down (5–8 min)

- Static Hamstring Stretch
- Pigeon Stretch for hips
- Shoulder Openers
- Controlled breathing reset