



Practice Plan – Wednesday 9/4

1. Warm-Up (Mobility Mornings C – 5 min)

- Alternating Side Reaches – 35s
 - Rotating Lunges – 35s
 - Arm Pumps – 35s
 - Side Squats – 35s
 - Rest – 15s
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2. Stretch (Mobility Mornings C – 5 min)

- Warrior Flow (L & R, with Side Angle Variations) – 25s each
 - Standing Leg Stretches – 50s
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3. Social Model 7 – Dominant Narratives

- **Definition:** The stories you tell yourself (and others tell you) shape your identity and performance.
- **Wrestling Example:** If you keep saying “I’m just a defensive wrestler,” you’ll build a limited style. Rewrite your narrative: “I’m developing into a complete wrestler.”
- **Misconceptions:**

1. It's about lying to yourself. (Truth: It's about reframing your story into something empowering.)
 2. Narratives are permanent. (Truth: You can change the story you live by.)
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4. Workout 1 – Lifting (Push Day, ~40 min)

- Pause Front Squat (goblet squat) – 10×3
 - Barbell Good Mornings – 5×15
 - DB incline curl – 5×15/15
 - Barbell Push Presses – 5×15
 - DB power clean – 5×15
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5. Social Model 8 – Double-Loop Learning

- **Definition:** Don't just fix mistakes — examine and challenge the assumptions that caused them.
- **Wrestling Example:** If your single leg keeps failing, don't just “finish faster.” Ask whether you're entering correctly or setting it up wrong in the first place.
- **Misconceptions:**
 1. It's just fixing errors. (Truth: It's questioning the system that created the error.)
 2. It's slow and impractical. (Truth: Over time, it saves you from repeating the same mistakes.)

6. Workout 2 – Plyometric Conditioning (Intro Plyo A, ~15 min)

Set 1:

- Right Leg Squats – 20s
- Left Leg Squats – 20s
- Right Lunge to Balance – 20s
- Left Lunge to Balance – 20s

Set 2 (2 rounds):

- Side-to-Side Single Leg Hops – 40s
- Front-to-Back Single Leg Hops – 40s
- Inchworms – 40s
- Straight Single Leg Bridges – 40s
- Plank Hop Outs – 40s
- Side-to-Side Hops – 40s
- Froggy Jumps – 40s
(20s rest between each)

7. Social Model 9 – Emotional Control

- **Definition:** Managing your emotions helps you make better decisions and stay effective under stress.
- **Wrestling Example:** If you lose your temper after a bad call, you'll wrestle sloppy. Staying calm means you can adjust and still win.

- ***Misconceptions:***

1. **It means suppressing emotions. (Truth: It's channeling them productively.)**
2. **Only weak wrestlers need it. (Truth: The best athletes have the strongest control of their emotions.)**

8. Wrestling Games / Drills (15–20 min)

- Head block → thumb block → elbow block flow.
- Arm drags, slide-bys, duck unders.
- Live scoring game: secure doubles, singles, or snap partner down until they touch.

9. Cool Down (5–8 min)

- Static hamstrings
- Hip flexors
- Shoulders
- Breathing reset & mindfulness