

Team GA  
Freestyle Syllabus  
Practice Structure  
2009

Goals: By developing this syllabus we hope to develop an identity for our team. This identity is based on a strength in the basics and a hard nosed, attacking style approach that is always looking to dominate the opponent.

1. Jog and Agilities

- side to side (inside and outside)
- skipping
- hi-knees
- butt kickers
- roll your shoulders and necks
- shoulder rolls (right and left)
- circle
- back pedal
- 10 knees to feet
- 10 squat lifts
- lock and hang
- lock, hang, and sprint
- lock, back pedal, and swim

2. Stretch

- high kicks
- back kicks
- feet (outside, inside, toes, and heels)
- high knees to a lung
- slow penetration steps
- feet together

- quads
- butterfly
- knees, side to side
- head over feet
- 10 neck walk-arounds

### 3. Skills Drills- Freestyle

- stance and motion with down blocks and hip smashes
- head blocks
- reshot drill from knees
- reshot drill from feet
- hip heist/ hip smash
- hand fighting for control: cross wrist elbow, Russian, underhook, inside ties
- fight for inside position
- head pulls and stalk
- scrape and post to level change and penetration
- pass by to level change and penetration
- head clears to level change and penetration
- drag drill to level change and penetration
- underhook, push-pull and clear to attack
- Russian, push-pull and clear to attack
- jam, extend, and corner (jam and jab)

### 4. Base Neutral Offense- Freestyle

- hi-crotch: pendulum swing; head duck to the back door; inside hand post
- single: leg up; leg down- post hand and corner, drive up, limp arm, or head duck to the back door
- front head: jam extend and corner; throw by; reverse gator; Cochran throw
- double: blast; pendulum swing; head duck to the back door

### 5. Base Neutral Defense- Freestyle

- hip smash , square up, post and corner
- jam and extend; jam and penetration step
- crotch lift
- barrel roll
- attacking hands and recovering from front head

#### 6. Parterre Defense- Freestyle

- motion- military crawl
- defending the hands- sticky drill
- defending the lock
- defending the triangle
- defending gut
- defending ankle lace
- defending trap gut

#### 7. Parterre Offense- Freestyle

- gut wrench: table and hang drill; invert drill
- ankle lace to transition; Kolat roll
- trap gut

#### 8. Focus Situations

- clinch- offense: lift, c'step, or drive across
- clinch- defense: head down, heavy hip, foot to mat, turn corner
- edge of the mat work- offense: (inside control, hips down, move in) blast double, straight single, foot work
- edge of the mat work- defense: foot work, changing positions
- front heads: scoring and defense