

MILL VALLEY

JAGUAR

WRESTLING

Coaching Staff

Travis Keal- Head Coach
Drew Hudgins- Asst. Head Coach
Brad Fredrikson- Asst. Coach
Matt Anderson- Asst. Coach
Bo Pursel- Asst. Coach

5 PILLARS OF JAGUAR WRESTLING

***ACADEMICS * ACCOUNTABILITY * ATTITUDE/MENTAL APPROACH * POSITIONING * TECHNIQUE**

**JAGUAR
WRESTLING
2000 - PRESENT**

**ACADEMIC ALL STATE
TEAM- 35**

STATE CHAMPIONS- 3

STATE PLACERS -45

TOP 3 STATE FINISHES
3rd 2016
3rd 2015

**REGIONAL
CHAMPIONSHIPS-3**

**LEAGUE
CHAMPIONSHIPS-5**

TEAM DUAL RECORD
103- 58 - 2

85th Annual KSHSAA Kansas Coaching School
August 1, 2017
Daily Functional Drills That Lead to Success

Functional Drills are done daily to improve a wrestlers Position and help them be more confident in your Programs Philosophy and Techniques.

Position 1 Stance/Motion (FAST FEET)

Foot work Drills
Stance motion, down blocks, sprawls and penetration
Partner Drills

Position 2 Clearing Ties (Clear Control Tie, Your Tie, Offense)

Collar Tie (Wrist Shove, Elbow Pass, 2 on 1)
Double Inside Tie (Elbow Control)
Front Headlock

Position 3 Counter Offense

Block w Head in pocket find hamstring
Block w Head in Pocket Re-Attack
Jam Shove Square go behind (Single, Hi-C, Double)
Single Change Drill

Position 4 Shot Position

Single Leg extension behind
Single Leg extension drive up
Hi-C Extension
Double Lift Drill

Position 5 Bottom Position

Base Build from flat to feet (weight off hands)
Defeat tight waist from belly (back pressure feet or hip heist)
Defend Chop
Clear Ankle ride

Position 6 Top Position

Chop Drill
Ride Drill
Tilts
Bars
Mat Returns

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