**Wrestling Daily Fundamentals**

**Down day (2x a week 1 minute each then rotate, 11 mins total)**

1. Base tough drill  
2. Box out drill

3. Bottom hand fight/cross pommel from a sit out

4. Scurry drill

5. Return drill

6. Switch re-switch (no rotation just both guys-same time for 1 minute)

**Leg Defense 5 and 5 (hip down with various finishes, or leg slip)**

Stand up and hit something off a return 3 and 3

String 3 moves to get out 2 and 2

**Top day (2x a week 3 hard breakdowns each man from each position-partner tries to stay up)**

1.  tight waist far ankle

2. tight waist near arm chop

3. Spiral

4. Far knee far ankle

turns 3-3

near side cradle 1/4 nelson series

far side/cross face cradle series (from belly, back hook, or reaction to a bottom move)

arm bar/baseball bat series

favorite tilt

favorite short leg turn