

Throws and Upper body Takedowns for folkstyle/Defense and Counter Attacks to upper body moves

Session 1: Offense

1. Introduction to Cara Romeike
 - Head Coach Hastings College entering 5th year
 - 1 year of high school coaching experience in Utah (before it was sanctioned)
 - 5 years of Fargo Coaching experience across 3 different states
2. Misconceptions about throwing
 - Girls don't have the upper body strength
 - The fact that they take a lot of upper body strength in general
 - They are "cheap" moves or "girl" moves (in a negative context)
 - They can only be used in freestyle
3. Why throws can be beneficial for high school girls in folkstyle
 - Under taught
 - Our bodies were made for throws, require good hips
 - Teaching throws helps them learn how to see them coming and defend better
 - Often feet to back and can rack up some team points with pins
 - Perfect one good throw and you can easily become good at the others.
4. Solo Drills/Warming up for throws
 - Find a line/Backsteps (One Two butt through)
 - Bridge drills
 - Buddy carries
 - Med ball slams and throws
 - Anything you can think of that involves being powerful in your legs and hips
5. Hip toss and Head throw
 - Similar footwork
 - One two butt through
 - Dummy throw progression
 - Drilling it with a partner
6. Arm Spin
 - Similar with a few differences
 - Hard on a dummy
 - Favorite because it's low risk
 - How to recover if it doesn't go well
7. Underhook Collar Tie Lock (Asian Lock)
 - Tight/More of a brute force move
 - Good for upper weights
 - Low risk
 - Can switch it over to a head throw
8. Lat Drops and how to drill them
 - run drill - Good for reaction time
9. Finding body locks
 - Hips in Use legs

- Like a deadlift
- Over unders
- From a duck under
- from a drag

Session 2: Defense

1. How does learning throws help with defense?
2. Start with some games
 - Body lock game
 - Naturally teaches defending body locks
 - Arm drag game
 - Step in front game/drill from multiple positions
3. Head throw defense
 - Fight inside drill
 - Duck under
 - Pick up single let
 - Stand straight up
 - Body lock step in front
 - Roll through
 - hook and bridge
4. Hip toss defense
 - Step in front re throw
 - Defend the underhook (thigh pry)
5. Arm spin defense
 - Palm Up and circle
 - Cartwheel
6. Asian Lock defense
 - Fireman's
7. Lat drop Defense
 - Hips Low don't pressure in so much
 - Hands on hips push back last resort
8. Talking to your girls about strategy
 - Go to move
 - Back up move
 - Hail Mary move (where throws come in handy)
 - Being on the same page as your coaches about these things.
9. Any questions?