



DAVE HOFFMAN WRESTLING CLINIC AT OWEN J ROBERTS HS

The University of Tennessee Chattanooga Division 1 Wrestling Coach Dave Hoffman will be holding a wrestling clinic at Owen J Roberts HS Auxiliary Gym on August 7th, 8th & 9th 2017.

Coach Hoffman is a former 4X NCCA Qualifier and 2006 ACC Champ and All American at Virginia Tech and has 10 years of Division 1 coaching experience that includes coaching 21 Division 1 All Americans and 4 top 10 team placements at Nationals including 4th in 2016.

Cost per session is \$ 20.00 per wrestler / Coaches Session Free

Clinic Schedule

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| • Morning Session: | HS Wrestlers | 9:00am to 10:00am |
| | 4th to 6th Grade wrestlers | 10:00am to 12:00pm |
| • Afternoon Session: | MS / HS & College Wrestlers | 1:00pm to 3:00pm |
| • Evening Session: | MS / HS & College Coaches | 6:00pm to 8:00pm |

Schedule Details

HS Wrestlers Morning Session

- Hard Drill / Conditioning / Live workout

4th & 6th Grade Morning Session

- Elementary / MS Technique
- Neutral Position – August 7th - Stance / Motion / Contact / Getting Past the Hands / Basic Set Ups Leg Attacks / Counter Offense / How to drill in this position / One Big Move
- Bottom Position – August 8th - Positioning / Movement / Attitude / How to get to your feet / Basic Moves from Bottom / Mat Wrestling – How / What can I do to get a reversal.
- Top Position – August 9th - Positioning / Heavy on Top / Specific break downs and why to switch them up / Starting on off side / Pinning combinations / Tilts.

MS/HS Afternoon Session

- Neutral Position – August 7th - Getting Past the Hands / Hand fighting – getting angles / Set Ups Leg Attacks to finish / Counter offense / How to drill in this position / Big move or moves
- Bottom Position – August 8th - Positioning / Attitude / How to get to your feet / Mat wrestling – getting a reversal / Getting out of legs
- Top Position – August 9th - Specific break downs and why to switch them up / Starting on off side why and what's your plan / Tilt series / How to score with legs

Coaching Session – 6:00pm to 8:00pm

- Neutral Position – August 7th / Strategy / Drills / technique
- Bottom Position – August 8th / Strategy / Drills / technique
- Top Position – August 9th / Strategy / Drills / technique

Call Marc Petrucelli @ 484-663-4727 or email petro330@aol.com if you wish to attend.