



## 2022 Denver Wrestling Coaches Insider Clinic

John Hancock Wrestling Center, Colorado School of Mines – Golden, CO

### Saturday, October 1, 2022:

Time	Topic	Speaker(s)
8:00 AM	Doors Open	
8:25 AM	Introduction	Pat Kohan and Austin DeVoe
8:30 AM	Challenging the Hand Fight with Upper Body Attacks	Chris Pendleton
	5 Minutes of Add-On Technique	Kevin Ward
9:15 AM	Daily Drills for Killer Skills	Kevin Ward
	5 Minutes of Add-On Technique	Chris Pendleton
10:00 AM	BREAK	
10:10 AM	Systems for Getting off the Bottom	Dave Crowell
	5 Minutes of Add-On Technique	Chris Pendleton
10:55 AM	Tactical Top Skills	Chris Pendleton
	5 Minutes of Add-On Technique	Dave Crowell
11:40 AM	Q&A Session	All Head Coaches
12:00 PM	LUNCH (on your own)	
1:15 PM	Counter Attack Essential Skills	Dave Crowell
	5 Minutes of Add-On Technique	Kevin Ward
2:00 PM	Finishing Single from Lockdown Whizzer	Kevin Ward
	5 Minutes of Add-On Technique	Austin DeVoe
2:45 PM	Front Headlock Fundamentals	Austin DeVoe
	5 Minutes of Add-On Technique	Dave Crowell
3:15 PM	BREAK	
3:30 PM	Underhooks & Defending Rides	Dakota Bauer
	5 Minutes of Add-On Technique	Jake Arnone
4:00 PM	Single Leg Variations	Jake Arnone
	5 Minutes of Add-On Technique	Dakota Bauer
4:25 PM	Clinic Closing	Pat Kohan and Austin DeVoe