



2023 Denver Wrestling Coaches Insider Clinic

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

Saturday, September 30, 2023:

Time	Topic	Speaker(s)
8:00 AM	Doors Open	
8:25 AM	Introduction	Pat Kohan and Austin DeVoe
8:30 AM	Hand Fighting	Mike Poeta
9:00 AM	5 Minutes of Add-On Technique	Keith Gavin
9:10 AM	BREAK	
9:15 AM	Scoring from Arm Drags/Underhooks/Ties	Keith Gavin
9:35 AM	5 Minutes of Add-On Technique	Mike Poeta
9:45 AM	BREAK	
9:55 AM	Ankle Picks and Tricks	Dalton Jensen
10:25 AM	5 Minutes of Add-On Technique	Mike Poeta
10:35 AM	BREAK	
10:40 AM	Reshot Attacks	Mike Poeta
11:10 AM	5 Minutes of Add-On Technique	Dalton Jensen
11:20 AM	BREAK	
11:25 PM	Go-To Drills	Mike Poeta
11:38 AM	Go-To Drills	Keith Gavin
11:51 AM	Go-To Drills	Dalton Jensen
12:05 PM	LUNCH (on your own)	
1:20 PM	Cradling with Style	Dalton Jensen
1:50 PM	5 Minutes of Add-On Technique	Keith Gavin
2:00 PM	BREAK	
2:05 PM	Counter Scoring Ties	Keith Gavin
2:35 PM	5 Minutes of Add-On Technique	Dalton Jensen
2:45 PM	BREAK	
2:50 PM	Choosing Down to Get Up	Austin DeVoe
3:20 PM	5 Minutes of Add-On Technique	Mitch Minotti
3:30 PM	BREAK	
3:35 PM	Front Headlock Series: Control the Head, Control the Match	Mitch Minotti
4:05 PM	5 Minutes of Add-On Technique	Austin DeVoe
4:15 PM	Clinic Close	