

Team vs Team Coordination / Outside Help While Grappled (version 2)

0) Warm Up (10 minutes)

- a. mobility flow while people are arriving, include:
 - i. shrimp / hip escape
 - ii. technical stand

- b. intro speech
 - i. take names & pronouns (if class is less than 30)
 - ii. question of the day (if class is less than 15)
 - iii. opt-in format
 1. after each demo, my default assumption is that you're sitting out, unless you step up
 2. partner ask: do you want to keep working together or switch it up
 3. partner ask: how did that demonstration look to you (scary/complicated/fun)
 - iv. **if i don't remember your pronoun, i will default to definite articles, ie. "take the arm" instead of "take her arm"**
 - v. this class is a no-sexiness zone, if you want to flirt with other students just do it outside after class
 - vi. after class: feedback about how lessons are presented
 - vii. after class: feedback on curriculum from transfem-bipoc/sw
 - viii. show how to tap your partner to reset an exercise. tap as soon as it's uncomfortable, either physically or emotionally

- c. **ask for social media filming opt-in**

For people not physically participating, or not working with a partner:

1. Can watch each exercise closely, taking notes about what works well (and what doesn't)
 - a. be the first to offer ideas when we all stop to review about an exercise
- ~~2. Can practice the physical technique on a practice dummy. Optional: also engage in the verbal component of class.~~
3. Can film, noting which students have given permissions.
4. **Can be a "bystander" during the games, and help players cheat.**

1) Grip Sparring Demo:

1. Demonstrate what grip fighting looks like:
 - a. don't use too much strength or speed
 - b. use your feet to move in/out and circle around
 - c. preference maneuvering closer and advancing your own grips, rather than just breaking grips and moving away
 - d. try to control your partner's arms
 - e. move of the day: try just giving them a big hug
2. Practice 1 minute of grip sparring with a partner

2) Grappling Relay Game:

1. Find an opponent you are comfortable doing standing grip sparring with (but don't start yet).
2. There will be 2 teams
 - a. each team will have one ball (like a foam football or a deflated dodgeball) of different colors; the team name will be that color (ie. Team Blue Ball, Team Green Ball).
 - b. You and your sparring partner are on opposite teams.
3. One player in every sparring pair raises their hand. The players with their hands up are now members of a single team.
4. Pick someone on each team to start holding that team's ball.
5. RULES:
 - a. hand or toss your ball to your teammates
 - b. once everyone on your team has held their ball once, your team wins (ball must be held, not just touched/bounced)
 - c. you can interfere with the other team's progress by using grappling
 - i. advanced groups can use takedowns and ground fighting
 - ii. groups with beginners should stay standing, and only use grip fighting
 - iii. **don't use too much strength or speed**, prioritize being clever
 - iv. creative cheating is encouraged

6. Repeat the game several times, talking as a group in between iterations to discuss:
 - a. what is difficult & what is working?
 - b. do any additional rules need to be added to make the game smoother? example:
 - i. if the ball goes astray, the coach is allowed to fetch it and bring it back
 - ii. you can't hold the opposing team's ball
 - iii. non-participating students (bystanders) can intervene

7. Teammates should use verbal cues to effectively pass the ball. if teams don't naturally start doing this, give these examples before the next iteration:
 - i. "hey you, i'm throwing this to you now!"
 - ii. "i haven't had the ball yet, give it to me!"
 - iii. "don't throw it yet, i don't have a hand free"
 - iv. "they're almost winning, lock that player down!"
 - v. "our ball went wide! can someone break free and get it?"
 - vi. "who on Team Blue hasn't had the ball yet? did we win??"

8. *Verbal Teammate Option*
 - a. one player on each team is not allowed to physically participate, but can verbally participate
 - i. this player will likely be giving directions to their teammates, to help them keep track of who has had the ball
 - ii. offer this option especially if some students aren't comfortable being in the action

5) Talk

1. What skills does the Grappling Relay game teach?
 - i. controlling an opponent
 - ii. split focus / environmental awareness
 - iii. verbal teamwork
2. For what self-defense context is teamwork coordination?
 - i. crowd brawling
 - ii. protest teamwork
 - iii. verbally influencing bystanders

6) Decompress

- shake it out
- any class announcements
- **GROUP PICTURE**
- begin open mat session
- film open mat rolls