

Metadata: <https://www.youtube.com/watch?v=u1Sdinss0HA>

Alright, so this sequence we're going to do for this drill is just going to be a leg drag pummel. So this is just going to be kind of like it's common for if you're standing up for as a warm-up people just go like under and over and just keep switching sides with that. So this is the same mentality with leg drags. So this is like I said a drill for both of us. So I like to drill it on bottom like just like I want you to do it on top. But I like to really use this for my passing to understand the elements of the pass. So James has a job and I have a job as well. So I'm using the leg drag. He's going to be hip escaping, pummeling to stop the pass. Give me another leg drag. I'm just going to keep that momentum. This drill I'll do again for like a minute or two. Sometimes I'm doing it in a sprint. I'm going as fast as I can. Sometimes I do it nice and slow. I'm just trying to connect and stay tight. Nice and precise. So I'm using my leg drag to get to another leg drag. I'm trying to increase how better that leg drag is each time that I go. So you can literally go inside. I can go for a leg drag and drive him down. You'll literally see that James' hips are angled. So he's going to hip escape away. He's going to throw his other leg over the top. When he does that I catch that leg. I put my head underneath. I'm pushing that leg down. I take my inside leg. It's my right hand that's on the leg. I put my right leg over the top. I cut through and now all I'm doing is pulling that leg down. You'll see James' hip escape. I pull that leg back. I see that leg. I step inside leg again and I cut. I come back over the top. Hit my leg drag. I come back over the top. So all I'm doing is constantly just looking for this leg drag and I'm finding this position. What you're truly looking for at some point in time is saying where do I want to go with this leg drag? So you can cut. You can staple. You can look for underhooks. You can grab the back. You can try to do a side control. But what I'm doing is I'm using a very quick pass that doesn't have a lot of grips, a lot of position and understanding the element of how they're going to be hip escaping. So I'm trying to use that in my drill to obviously stay tight, stay attached, not giving space. What I'm looking for is 1% increase in terms of quality of my leg drag when I go to the next. What I don't want is a negative 1%. So I want to be increasing that. So I'm doing that drill slow, taking my time. When I'm ready and I feel confident, I'll bump that up and I'll do sprint leg drag to pummels over and over again. But it'll truly sharpen up your position, sharpen up the understanding of the transition. It'll be really useful for both.