



HOW TO GROW MARIJUANA INDOORS: LESSON 4A: PLANT TRAINING



Hi and welcome to my course on “How to grow marijuana indoors,” brought to you by www.indicainstitute.com. I am your Prof, a Canadian government certified teacher by trade. I’ve designed this course to teach beginner gardeners how to grow their own marijuana indoors. So I hope you enjoy, learn and share. Visit www.indicainstitute.com, or [subscribe to my YouTube channel](#) to gain access to a growing list of marijuana related courses, tips, and more. In the meantime, I hope you like the video and please remember to like and share!

Hi and welcome back to my course on “How to grow indoors.” This is lesson 4A, an optional extension class of lesson 4, where I will teach you several ways you can train your plant to get an extra 30-40% yield at harvest.

For this lesson you will need plant twist ties or soft coated wiring. If you don’t have either of these, search your house for something similar that’s not too sharp or rigid that it will cut or harm your plant. If you would like to use plant twist ties, [click the link here for recommendations](#) on where they can be purchased.

The objectives of this lesson are to learn what it means to train your plant, and how to do so by using 3 different methods: The bend and secure method, the super cropping method and the screen of green method

Training your plant means that you can control how your plant grows, and manipulate how large a yield you can get from it at harvest. This process can only be done during the vegetative stage, so it is important that you learn these methods before your plants get to this stage.

The most common and easiest way to train your plant is the bend and secure method. It's best to start this process during the seedling stage while the stems of the plant are still malleable. Once your second set of serrated leaves grows on your plant, gently bend the main stem off to the side without harming it. Have a plant twist tie ready in the shape of a hook to gently secure the top of the stem in place away from the middle of the plant. Repeat this with each new stem that grows up towards the middle.

Another way to train your plants is referred to as supercropping. This method is normally used during the vegetative stage, well before you shift your plants to the flowering stage. It's often used to manage out of control plants as well.

In the vegetative stage, your plant stems will become hard and woody. Choose a point on the stem where you would like it to bend, and squeeze it with two fingers. Continue to apply pressure, while moving your fingers back and forth with the stem in between them. Continue this process until the branch can easily bend in the direction you want it to, without much stress or effort. The process is complete when the branch stays to the side without restraint. If you accidentally damage the plant in this process, you use duct tape to fix your error and secure the stem in a upright position. If this does happen though, make sure to leave the stem alone to recover.

A third training method that can be easily implemented is called the screen of green. To implement this technique, you will need trellis netting. For recommendations on where to find this for purchase, [click the link here](#).

To implement the screen of green method, you will need to start your plants off with the bend and secure method during the seedling stage. When you begin the vegetative stage, hang the trellis netting just above your plant canopy. As your plant grows toward the netting carefully weave the new stems through the holes of the netting and away from the centre of the plant. This method also has an added benefit of supporting your plant stems during the flowering stage when your buds can grow fat and heavy.

In review,

Training your plants is beneficial for a larger yield at harvest, and to control the growth of your plants.

The bend and secure method involves gently bending the centre stems off to the side and securing them in place.

The supercropping method involves gently damaging your plant where you would like it to bend, by rubbing the area with your fingers repeatedly until the interior fibers have loosened enough for the stem to bend.

The screen of green method requires trellis netting, where you guide each new centre stem off to the side by weaving it through the horizontally placed netting.

These training techniques are a great start for beginner growers. I recommend you use them all at the same time, with the same plants. As you advance your skill level you may want to learn and experiment with more training methods. Click the link here to advance your self guided learning on new training techniques, or any subject of your choice. For the [next lesson](#), you will need a pH testing kit, vegetative stage nutrients, a timer, and a thermo hygrometer.

I hope you found this lesson of the course “How to grow marijuana indoors” useful. For more marijuana related courses or recommendations on the best products out there for purchase, visit www.indicainstitute.com or [subscribe to my YouTube channel](#). Please remember to like and share! Click here to skip to the next lesson. And as always, thank you for listening!