

# Wrestling Curriculum Level 1





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## Objectives

- Build on foundation that can be built on for years to come
  - Love of the sport
  - A great mindset
    - Hard work is good
    - Coachability
    - Desire to grow
  - Solid fundamentals
  - Strength and agility
  - Kinetic awareness
- Improve fitness - keep your wrestlers moving hard!
- Improve nutritional awareness
- Earn buy in. We want all the kids to walk out and say, “I am a wrestler!”

## Practice structure

1. Warm - up (20%)
2. Combat games (20%)
3. Technique and/or Hard drills (25%)
4. Live (25%)
  - a. Situational wrestling
  - b. Matches
  - c. King of Mat
5. Games/Enrichment(5-10%)
6. \*\*\*\*\* Conditioning/Strength training intermixed throughout the workout



## Warm-ups

**Build into these warm ups. Start with the easier skills on day one.  
Build more difficult skills as athletes get acclimated.**

- Warm-up #1 - Gymnastics & agility:
  - While jogging:
    - 3 forward rolls, 3 backward (with a kick)
    - 3 forward rolls, 3 back – without hands touching the mat
    - Karaoke
    - Hopping on one leg x 2 (one full lap)
  
  - Gymnastics/agility/wrestling skills:
    - Knee sprints
    - Duck walks
    - Shots x 2 times through
    - Fast feet, sprawl, explosion (5 feet)
    - Dive rolls
    - Cartwheels on each side
    - One armed cartwheels on each side
    - Round offs
    - Ithacas
    - Walking on hands
    - Handsprings/head springs
    - Back handsprings
    - Back flips \*\*\*\*\*
  
- Warm-up #2 - Strength & wrestling skills warm up:
  - While jogging:
    - Bear Crawl
    - Crab walk



- Walking in stance:
  - Down block
  - Shot
  - Sprawl
- Partner work (pick a few):
  - Back walkovers
  - Front carry
  - Baby carry
  - Buddy carry
  - Arm throw carry
  - Wheelbarrow
  - Partner sit-up/neck ups
  - Rib jump overs
  - Hip tosses
  - Partner rolls (ankle near shoulder/neck)
  - Leap frog (Can make this a contest)
  - Push up jump overs (Can make this a contest)
  - Spiderman crawls (upright or in pod-quad)
- On own (pick a few)
  - Bridge jump over
  - Neck ups
  - Russian twists
  - Hip over (Marsh)
  - Crab walk hip heist
  - Granby on own
    - With partner
  - Stance and motion
    - Downblock
    - Power shot
    - Sweep
    - Sprawl



- Fake
- Multiples (put several together)

### Combat/wrestling games (pick 1 or more each practice):

- **Kick out** - Lock leg in middle of belly. Must hold or kick out. Someone scores a point every go.
- **Foot stomp** - Can only use feet. Hands behind back. Score when you step on your partner's foot.
- **Handshake**- Partners stand with outside of right feet touching. Left leg free to move behind. Lock right hands. Try and pull, fake... opponent off balance (moves right foot )
- **Patty Cake** - Face partner, feet shoulder width apart. Use patty cake technique to try and push other off balance. (If you move your feet you lose a point)
- **Push-Up Position Hand Slap** - Facing partner, both in push up position. Try and slap other's hand without getting own slapped.
- **Push-Up Arm Fight**- Face partner in push-up position. Try and grab opponents forearm to pull off balance.
- **Ankle flag** - Get flag from partners sock = 1 point
- **Arm drag** - Each guy has an arm drag. Try to get partners backside. Cannot use free hand.
- **Hands locked (above knee)** - lock opponents thigh to your chest using all legal wrestling means
- **Hands locked (ankle)** - lock opponent foot/ankle to your chest using all legal wrestling means
  - **Upper body/snatch** - Cannot touch your knees (no shots). 4 ways to score a point:
    - double unders with hands locked
    - get partners backside



- nap partner to hand(s)
- snatch a single/high-c without touching your knee
- **Snap down-** On knees in front of partner. Two ways to score: 1) snap his/her head under your chest 2.) Push partners to his back
- **Two on one-**
  - Level 1 - Push outs
  - Level 2 - Can score a push out or a TD
- **Short offense-** 2 ways to score; 1.) Top guy gets to and ankle 2.) bottom guy gets hands locked on leg
- **Single leg Offense/Defense-** Point scored if offensive guy can get an ankle locked under an armpit. Defensive guy scores otherwise; gets leg down, keeps leg in between, etc.
- **Low single-** Capture partners foot shooting low singles (no short offense or other means of capturing foot)

## Hard Drills

- Drilling “The right way”
  - 3 & 3 TD’s
  - Stay in the drill, constant contact
  - Finish on hip, butt, or back
  - Cut your partner “the right way” - hands on, head down, feet moving
- Head throwing drills
  - Head outside
    - Hands behind back
    - From duck
  - Head inside
    - Hands behind back
    - From snatch single
- Double to a lift (can do this as a game/contest or for time)



- Snap to a hammy tag (continuous flow, never break contact)
- Multiple shot drill: 1.) Single 2.) Double 3.) - C
  - Finish a TD
  - Live on sec whistle
- Call the leg attack: 1.) Single 2.) Double 3.) High - C
  - Finish a TD
  - Live on sec whistle
- Knee Slides: 1.) Single 2.) Double 3.) High - C
  - Finish a TD
  - Live on sec whistle

## Technique

**This is intended to be simple, effective, and to keep kids moving (Coaches - talk less, let the kids figure it out).**

- Neutral
  - Offense
    - Meathook/Elbow Tie - learning to push and pull
    - Snap down to a go behind
      - Snap to bulldog
    - Double leg from open - start in the double and work to open
    - Double from lefty head club
    - High - C from open - two hands to the leg. \* Start in high - Cand work to open
      - High - C from meathook
    - Double to a single - start in double leg and work to open
    - Sweep single from open
      - Finish in All-American





- Call the leg attack- switching from single, double, high-coaches call
  - Finish on coaches call
- Fireman's carry from meathook
- Ankle Pick - from collar tie and meathook
- Defense:
  - Single leg on mat
    - Laces down, arch back, slide off, square up
  - Single leg on feet
    - Whizzer and wrist
  - Head outside on mat
    - Crush head and slide off
  - High - C on feet
    - Crush head, get foot down, slide off
- Top
  - Breakdowns
    - Chop (goal of chop is to get the wrist)
    - Opposite side chop
  - Pinning/Turning
    - Half series
      - On mat - stick head to mat
      - On knees
        - Stick head to mat
    - Crossface cradle/ butcher series
      - Opponent leaves one or the other open
    - Inside cradle
    - Outside cradle
    - Switching cradle drill
  - Mat return
    - Lift



- Hip Crack
- Bottom
  - Stand up
  - Switch

## **Wrestling situation**

### **Positional Situations**

- Neutral - Most situations you can do on both sides
  - Legs attacks offense/defense
    - High C
    - High C crackdown
    - High C on mat in bad (stretched out) position
    - Ankle high on the outside
    - Ankle high on the inside
    - Single leg on mat
    - Single leg on mat in bad (stretched out) position
    - Single leg on feet between legs
    - Double Leg on mat
    - Double leg on feet (start in good or bad position)
    - Double leg on mat in bad position
    - Low single on mat
    - Back door on single leg
    - Iranian lift
  - Short Offense
    - Front head
    - Front head on feet
    - Front head with arm caught deep
    - Short arms



- Underhook and wrist
- Double unders
- Bulldog position
  
- Upper body (must wrestle in these positions)
  - Double unders
  - Double unders with hands locked
  - Over and under
  - Over and under with hands locked
  - 2 on 1
  - Underhook with head position
  - Underhook- no head position
  - Pinch Headlock
  
- Miscellaneous:
  - Behind guy with hands lock (mat return situation)
  - Behind guy without hands locked
  - Behind guy with a wrist trapped (cannot lift and return)
  - Seatbelt on mat
    - Level 1: Can only grab your partners wrist
    - Level 2: Full on Live
  - Seatbelt on feet
  - Over and under position on one knee
  
- Top/bottom
  - Half and wrist on belly
  - Half and wrist on knees
  - Half and deep waist on knees
  - Double wrist ride
  - Cross face on belly
  - Cross face on knees



- Cross wrist on belly
- Cross wrist on knees
- Chicken wing with wrist
- Double chicken wing
- Flipper/ arm bar
- Inside cradle
- Far side cradle
- Right leg in
- Left leg in
- Both legs in
- Crab ride
- Claw on top
  
- Scramble situations
  - Both wrestlers on feet with partners leg up
  - Both guys have inside cradle
  - Guys lying on back head to feet
  - Guys on belly head to feet
  - Guys sitting back to back
  - On hands and knees (head to toe) and each guy has an ankle
  
- Momentum situations (live after attack- higher level)
  - Shots (double, high crotch, fireman carry, single, low single)
  - Snap
  - High C crackdown
  - Jump sides half
  - Spin drill
  - Switch/reswitch drill
  - Spin Drills
  - Inside/far side cradle
  - Call the leg attack: 1.) Single 2.) Double 3.) High - C



- Live on sec whistle
- Multiple shot drill: 1.) Single 2.) Double 3.) High - C
  - Live on sec whistle
- Knee Slides: 1.) Single 2.) Double 3.) High - C
  - Live on sec whistle
- Any other drill/techniques that warrants live at the end
  
- **Match strategy situations**
  - Neutral Down by one, up by one
    - Down by two...
    - Behind guy with no points on an TD scored yet
    - Behind guy while ride with short time on clock
    - Both guys down by 1!
    - Overtime! 1st TD wins
  
  - Top/bottom
    - On top and down 1
    - On bottom and down 1
    - On top/bottom up or down by 2
    - Double overtime (30/30)
    - Overtime ride out (any score ends the go)

## Fun and/or team games

- Turtle
- Team turtle
- Team dodgeball
- Individual dodgeball
- Downblock dodgeball
- Relay races
- Tails



- Tug o'war
- Knee football
- Team handball
- Sharks and minnows
- Hanging contest
- Handstand contest
- Plank contest

## Strength/speed

- Pull ups/ Chin ups
- Push ups
  - Pyramid
  - Triangle
  - Clap
  - Spiderman
  - Walking
- Air Squats
- Squat jumps
- Rolling pistol squats
- Wall sits
- Plank
- Plank hip dips
- Handstand push ups
- Split jumps
- Frog jumps
- Knee ups
- Knee up to squat jump
- Knee up to frog jumps
- Line drills
- Neck ups



## Best practices

- Positive/negative ratio: 5+:1
- Teach to the best kids in the room
- Lead by example (standing vs. sitting, etc)
- Lead coach is supported at ALL times - you are either adding to practice or taking away from it
- Building a culture
  - Everything starts with relationships
  - Kids and parents need to have a good experience, and then go tell their friends
  - Atmosphere where achieving/competing/pushing yourself is a good thing. NO BROW BEATING.
- Building a growth mindset
  - Focus on loving the process of getting better
  - Teaching kids that improving comes from “buying in” on doing things correctly and consistently
  - Competition is about doing your best and “loving the fight”
  - Redefining fun: Hard work is fun!