

Attack Style Wrestling

Standards of Learning

-YOUTH LEVEL-



The Attack Style Wrestling Standards of Learning (SOL) is a standardized testing program developed by Attack Style Wrestling. It sets forth learning and achievement expectations for core skills in wrestling for wrestlers of all ages and skill levels. The standards represent what Daryl Weber and Attack Style Wrestling believe wrestling coaches should teach and wrestlers should learn, in order to develop the skills and mindset needed to wrestling an aggressive, point scoring and exciting style of wrestling.

Attack Style Wrestling routinely seeks and receives essential feedback on the effectiveness of implementation and address effective instructional strategies and best practices from other coaches across the country.

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Intro

First off, thanks so much for getting in on the Attack Style Wrestling Level One Standards of Learning.

As former Head Coach of the 14x State Championship high school program I knew the importance of providing the proper foundation with wrestlers whether they started wrestling in 1st grade or 12th grade.

That is why I always started with the most basic fundamental techniques and drills from day one. I never sacrificed the basics for development by focusing on fad moves or wasted my time working on skills I knew would only work at the lower levels.

In this program you will find the exact path to laying a technical, skill and mental foundation that is proven to get first year wrestlers of any level winning as quickly as possible as well as provide the skill base they need as they climb the ranks into the state and national rankings.

One of my biggest motivating factors for creating this skill development program is to encourage rapid success in beginning wrestlers. As a developmental coach in charge of the overall development of a program, from top to bottom, I took extreme pride in creating a system that would hook young athletes on the sport as quickly and effectively as possible. There is no better way to attract more athletes as well as retain them than creating an organization of success for them to be a part of and then getting their hand raised as quickly as possible once you do get them onboard.

I hope you find this Youth Level Standard of Learning System helpful in the development of your wrestlers, your program and the great sport of wrestling!

Yours in wrestling,
-Coach Daryl Weber
NCAA Champion
Hall of Fame High School Coach
Founder of AttackStyleWrestling.com

How to Use This

This program is designed to provide you with the techniques, technical progressions, practice drills and overall practice strategies needed to develop young beginning wrestlers. This complete system can be used as a guide for development for years within a program or with a wrestler and can easily be scaled to be highly effective from youth to high school wrestlers.

After learning the skills contained in the Youth Level Handbook and showing proficiency in them through testing, practice and competition coaches and wrestlers should then move on to developing the skills at Level ONE.

The “Skill Test” can be used to test wrestlers on the proficiency in the basic and fundamental skills needed to develop an aggressive, point scoring style that develops solid defensive skills as well. It would be my recommendation to test these skills regularly, give feedback on the results and then move wrestlers up to the next level of development once they show proficiency at this level. Attaching external motivators can be a great way to encourage wrestlers to focus on mastery of these skills and help to develop a self motivation (internal drive) to focus and work hard at mastering the skills necessary for success in wrestling.

The practice plans and technical progressions can be used “as is” or tailored to integrate into an existing system you may already have in place. Regardless, this tool is designed to be a tremendous time saver for coaches, parents and wrestlers while providing a proven system of development that is a direct descendant of the teachings of the legendary Coach Dan Gable and proven in the trenches with youth and high school wrestlers with record setting results.

Technical Outline

Top

Half Nelson

1. Stuff Head Half (Start on Belly)
2. Power Pry Half (Start on Belly)
3. ~~Spike Half~~
4. ~~Sweep Half~~
5. Half Defense
6. Base Position Outside Ankle Down Half Nelson
7. Base Position Inside Ankle Down Half Nelson
8. Far Knee => Half Nelson

Cross Face

1. Throwing the Crossface
2. Barbed Wire
3. ~~Crossface Cradle~~
4. Cradle Defense (from back)
5. ~~Opponent Builds Base => Ankle Down and T-Off or Barbed Wire~~
6. Ankle Down (Inside and Outside) => Crossface Series
7. Crossface Defense (from belly)

~~Cross Wrist - Ball-n-Chain~~

1. ~~Ball-n-Chain Position~~
2. ~~Stack~~
3. ~~Claw~~
4. ~~Half~~
5. ~~Tilt~~
6. ~~Knee Up Butt Chop => Ball-n-Chain~~
7. ~~Jump Across Chop (JAC) => Ball-n-Chain~~

Nearside Cradle

1. Nearside Cradle Position
2. Nearside Cradle Finish => Freight Train => Barbell
3. ~~Nearside Cradle Finish => Freight Train => Crunch~~
4. ~~Nearside Cradle Finish => Freight Train => High Leg~~
5. Pound Cradle (Front and Behind)
6. ~~Lazy Chop~~
7. Nearside Cradle Def (2-on-1 Before Locked) => Escape
8. Cradle Defense (After lock on Knees, Side and From Back)

Spiral -- Head Lever

1. Head Lever => Duck
2. Head Lever => Chicken Wing

Float Drill**Bottom Wrestler:**

1. Float Technique
2. Float => Change Over => Stand Up

Top Wrestler:

1. Ankle Down => Half
2. Ankle Down => Crossface

Bottom**Stand Up Series**

1. Find your dominant leg
2. Stand Up Finish From Feet
3. Base Position
4. Building Base
5. Hand Control Drill
6. Back Presser Drill
7. Entire Stand Up
8. Wheel Stand Up (Ankle Defense)
9. Wheel Cradle
10. Cradle Defense From Back
11. Chop to Knee Slide Stand Up (Chop Defense)
12. Slip Arm Stand Up

Switch Series

1. Solo Switch
2. Switch
3. Re-Switch
4. Step Over

Sitout Series

1. Hands Down & Hip Heist
2. Head Gazonce
3. Arm Gazonce
4. Hand Fight => Hip Heist (Butt and Belly)
5. Clear Double Unders
6. Clear 2 Single Bars
7. Clear Cross Wrist
8. Clear 2 on 1

Leg Defense

1. Ankle Whip
2. Mule Kick
3. Pinch ~~n~~ Catch To Feet
4. Pinch ~~n~~ Catch Hip Heist
5. Pinch ~~n~~ Catch Toe Hold
6. Climb the Rope

Neutral

Double Leg

1. Double Leg Position (One Knee Down) => Head Drive Finish => Shelf & Claw (S&C)
2. ~~Knee Slide Drill to Double Finish~~
3. ~~Start in Double Stretched Out => Recovery and Finish~~
4. Inside Step
5. Open Setups (Focus on Fakes, Snap Offs and Stalking)
6. Double Defense => Spin Behind

Front Headlock (Knees)

1. Front Headlock On Knees Position
2. FHL Defense (Circle Out)
3. (Start on Knees) Stab FHL => Nearside Cradle => Barbell
4. ~~(Start on Knees) Stab FHL => Miss Nearside Cradle => Hip Hook~~
5. Stalking => Down Block => Stab FHL Series
6. Double Defense => Clear Legs => FHL Offense

Drags

1. Lift and Return
2. ~~Hip Block~~
3. Stalk
4. Stalk to Wrist Control
5. Clear Wrist
6. Outside Penetration Step & Pivot
7. Same Side Wrist Drag => Standing Back & To the mat
8. Drag Defense (Basics of Down Blocking)

Single Leg

1. Work Bench and Knee Up From Feet
2. Work Bench and Knee Up From Knees
3. ~~Single Leg Stretched Out => Recover to feet~~
4. ~~Inside Tie and V-Block~~
5. **Open** => Mis Double to Power Single
6. Single Leg Defense (Feet & Knees)

High Crotch

1. ~~Hi-C On Feet => Double Off => Self & Claw~~
2. ~~Hi-C On One Knee => Head Drive Double => Shelf & Claw~~
3. ~~Knee Slide Drill => Hi-C Finish~~
4. ~~Hi-C On Both Knees and Stretched Out => Recover => Double => Shelf & Claw~~
5. Defense from Knees (Knock Over)
6. Defense From Feet (Toe Down and Crossface)
7. ~~Open Setups => Hi-C~~
8. ~~Inside Tie => Hi-C~~
9. ~~Underhook (U-Hook) => Hi-C~~

Front Headlock (Feet)

1. Front Headlock On The Feet Position
2. Front Headlock On The Feet Defense (Circle Out)
3. Pull Down => Go Behind or Stab Series
4. Pull Down => NS Cradle from opponents tripod
5. Open => Bang & Cover FB Setup => FHL Offense
6. ~~Inside Tie => Pressure Snap~~

Bear Hug

1. Bear Hug Position and Teaching Progression
2. Bear Hug Defense (Hips Back and Pummel In)
3. Bear Hug Defense (Sag Headlock)
4. Sag Headlock Defense (Roll Thru)
5. Fighting off Back from Head Lock (Lock and Roll)
6. Fighting off Back from Head Lock (Pop off)
7. Underhook => Double Unders => Bear Hug
8. Open => Double Unders => Bear Hug
9. Pummell Drill
10. Pummell Drill => Double Unders => Bear Hug

Practice Drills

Top Practice Drills

1. Top Drilling Mentality Video
2. Rough 'em Up

Bottom Practice Drills

1. Bottom Drilling Mentality
2. Base Drill
3. Master Skill Set
4. Bottom Chain Wrestling
5. Hip Heist
6. Wall Stand Up
7. Base Maintenance

Neutral Practice Drills

1. How to Drill
2. Stance -n- Motion
3. Wrestling From the Open
4. Hand Fighting 101
5. ~~Work the Head~~
6. ~~Kneeslide Drill~~
7. Hand Fighting
8. ~~Tieup/Setup Drill~~
9. Shot Defense
10. Stalking
11. Angle Down Blocking Drill

Practice #1 (Pinning and The Half Nelson)

<p>Talk</p> <p>Discuss the importance of being mean and determined in the top position. The techniques are not hard to learn but the best pinners are good on top because they are resilient. It may take the 5th or 6th time trying the same turn before you finally get the pin with it.</p>
<p>Warm up</p> <p>Position and Motion - Stance and Motion Basics</p>
<p>Quick Drills</p> <p>Chest to Chest Pinning (Over Head and Under)</p> <p>Fighting Off The Back</p>
<p>Technique</p> <p>Stuff Head Half (Start on Belly)</p> <p>Power Pry Half (Start on Belly)</p> <p>Spike Half</p> <p>Sweep Half</p> <p>Half Defense</p> <p>Base Position Outside Ankle Down Half Nelson</p> <p>Base Position Inside Ankle Down Half Nelson</p> <p>Far Knee => Half Nelson</p>
<p>Live & Situations:</p> <p>Starting with the half (Belly)</p> <p>Starting with Half (Knees)</p> <p>Start with Ankles or Far Knee</p> <p>Start on Back (Spar)</p>
<p>Conditioning</p> <p>Sparring</p>
<p>Notes:</p> <p>* Be sure wrestlers are starting lower on the back if they know they are going to the ankle on the whistle. Starting too high will make it hard to reach the angle and will take a lot of power away. Also, make sure they are landing on the side they plan to throw the Half after breaking opponent down.</p> <p>** Top Mentality Explanation</p>

Practice #2 (Double Leg Takedown)

<p>Talk</p> <p>Talk about the importance of listening to the coach and not being afraid to pay the price for success. Too many people want to find shortcuts around the right way to get the results they want. This may work once in awhile but it will catch up to you when it counts.</p>
<p>Warm up</p> <p>Stance -n- Motion (Introduce Sprawl)</p>
<p>Quick Drills</p> <p>Snap and Spin Behind from Feet and Knees</p> <p>Head -n- Hands Defense (preferably to snap and spin behind)</p>
<p>Technique</p> <p>Double Leg Position (One Knee Down) => Head Drive Finish => Shelf & Claw (S&C)</p> <p>Knee Slide Drill to Double Finish</p> <p>Start in Double Stretched Out => Recovery and Finish</p> <p>Inside Step - Power Step</p> <p>Open Setups (Focus on Fakes, Snap Offs and Stalking)</p> <p>Double Defense => Spin Behind</p>
<p>Live & Situations:</p> <p>Start in Double (One Knee or Feet - Perfect Position)</p> <p>Start in Double (Stretched Out on Knees)</p> <p>Start in Double on Hip</p> <p>Start in Shelf-n-Claw</p>
<p>Conditioning</p> <p>Bad Drill</p>
<p>Notes:</p> <p>*Emphasise Exploding Through Shot Into Finish</p> <p>**How to Drill</p>

Practice #3 (Stand Up - Part One)

<p>Talk</p> <p>Discuss the importance of exploding off the bottom on the whistle. It is important to train yourself to do this EVERY single time you start fresh in practice no matter how tired you are.</p>
<p>Warm up</p> <p>Stance & Motion -Add Drag (Pivot) Step</p> <p>Teach Solo Base Drill</p>
<p>Quick Drills</p> <p>Open => Double => Shelf & Claw => Bottom Wrestler Fights to Belly & Stand Up</p> <p>Open => Double => Shelf & Claw => Bottom Wrestler Fights to Belly => Get Claw, Half from Belly or Ankle Down Half</p>
<p>Technique</p> <p>Find your dominant leg</p> <p>Stand Up Finish From Feet</p> <p>Hip Heist from Feet/Butt</p> <p>Base Position</p> <p>Building Base</p> <p>Hand Control Drill</p> <p>Back Pressure Drill</p> <p>Entire Stand Up</p>
<p>Live & Situations:</p> <p>Start in Standing with hand control</p>
<p>Conditioning</p> <p>Sparring</p>
<p>Notes:</p> <p>*Emphasis explosion on Stand Ups</p> <p>**Bottom Mentality Explanation</p>

Practice #4 - (Front Headlock - Knees)

<p>Talk</p> <p>Importance of being a good sport but knowing the importance of competing against teammates to make each other better in the practice room.</p>
<p>Warm up</p> <p>Stance & Motion (Emphasis Down Blocking Out of Shots & Sprawls)</p> <p>Base Drill Solo</p>
<p>Quick Drills</p> <p>Double => Base => Stand Up</p> <p>Base Drill Partner</p>
<p>Technique</p> <p>Front Headlock On Knees Position</p> <p>FHL Defense (Circle Out)</p> <p>(Start on Knees) Stab FHL => Nearside Cradle => Barbell</p> <p>(Start on Knees) Stab FHL => Miss Nearside Cradle => Hip Hook</p> <p>Stalking => Down Block => Stab FHL Series</p> <p>Double Defense => Clear Legs => FHL Offense</p>
<p>Live & Situations:</p> <p>Start In Front With FHL on Knees</p> <p>FHL Starts Live</p> <p>Start with Cradle Locked</p>
<p>Conditioning</p> <p>Stalking</p>
<p>Notes:</p> <p>*Be sure head is being pulled down when hitting head in hole.</p>

Practice #5 (Mat Returns & Drags)

<p>Talk</p> <p>Talk about the importance of responding the right way to adversity. Injuries, losses, etc. are inevitable in an individual's wrestling career. Responding well to these setbacks and learning from them will ultimately determine the growth and success of that individual.</p>
<p>Warm up</p> <p>Basic Stance and Motion Review</p>
<p>Quick Drills</p> <p>Open => Double => Base => Stand Up</p> <p>Stalking => Down Block/Shot Defense => FHL Offense</p>
<p>Technique</p> <p>Lift and Return</p> <p>Hip Block</p> <p>Stalk</p> <p>Stalk to Wrist Control</p> <p>Clear Wrist</p> <p>Pivot Step</p> <p>Same Side Wrist Drag => Standing Back & To the mat</p> <p>Drag Defense (Basics of Down Blocking)</p>
<p>Live</p> <p>Situational Wrestling:</p> <p>Start with one wrist each</p> <p>Lift -n- Return then live</p>
<p>Conditioning</p> <p>Fury Bad Drill:</p> <p>Shot => Stand Up => Lift -n- Return => Stand Up Escape... Then repeat</p>
<p>Notes:</p> <p>*Return hips to mat on Lift -n- Return</p> <p>**Review - Setups from open</p>

Practice #6 (Single Leg Takedown)

<p>Talk</p> <p>Come in to every practice with at least one thing in mind that you want to improve on. Don't remain stagnant by simply "going through the motions" in practice. The best wrestlers are always looking to improve on their skill set.</p>
<p>Warm up</p> <p>Penetration Step (Line Drill) *focusing on level change, no hands etc...</p> <p>Drop Step</p> <p>Stance & Motion (Sprawl/Shot Combos...)</p> <p>Double Leg Recovery Drills</p>
<p>Quick Drills</p> <p>Drag=>Lift and Return or "To The Mat"=>Half from Belly or Ankle Down to Half</p> <p>Stalk => Down Block => FHL Offense</p>
<p>Technique</p> <p>Work Bench and Knee Up From Feet</p> <p>Work Bench and Knee Up From Knees</p> <p>Single Leg Stretched Out => Recover to feet</p> <p>Inside Tie and V-Block</p> <p>Inside Tie (Push/Hang)-OPEN => Mis Double to Power Single</p> <p>Single Leg Defense (Feet & Knees)</p>
<p>Live</p> <p>Situational:</p> <p>Start in Single (Feet - Perfect Position)</p> <p>Start in Single (Knee - Perfect Position)</p> <p>Start in Single (Knees - Stretched Out)</p> <p>Start in Double</p>
<p>Conditioning</p> <p>Bad Drill: Doubles & Power Singles</p>
<p>Notes:</p> <p>*Be sure wrestlers are using the knee to bring let leg up before transitioning to the double unders on the Knee Up finish. Also, keep them off their haunches when getting in on the Single Leg if they get on their knees.</p> <p>**Review: Setup for open, power step, pivot step</p> <p>-Push, hang, circle, pass explanation</p> <p>-Pressure Drill</p>

Practice #7 - (Crossface Series)

<p>Talk Lead by example in the wrestling room, whether you are a Freshman or a Senior. Your teammates will see your success and begin to follow your lead.</p>
<p>Warm up Stance & Motion Base Drill Solo</p>
<p>Quick Drills Inside Tie/Open => Single => Knee Up => Bottom Wrestler Stand Up Inside Tie/Open => Double => Power Single => Bottom Wrestler Fights to Base => Ankle Down Half *Emphasise Exploding Through Shot Into Finish</p>
<p>Technique Throwing the Crossface Barbed Wire Crossface Cradle Cradle Defense (from back) Opponent Builds Base => Ankle Down and T Off or Barbed Wire Ankle Down (Inside and Outside) => Crossface Series Crossface Defense (from belly)</p> <p>Drill: Any takedown => Crossface or Ankle Down Crossface Series</p>
<p>Live Situational: Start with Barbed Wire Start with Crossface Cradle Locked Start with Ankle</p>
<p>Conditioning Stalking Drill</p>
<p>Notes: *Key notes... Strong focus on properly throwing the Crossface and not doing the “Windup”. On the Barbed Wire some wrestlers will not bring the head across on the finish and they will struggle if they do this. - Top Mentality Explanation</p>

Practice #8 - (Stand Up Part 2)

<p>Talk</p> <p>During a match, you should always be looking for ways to score points. Don't be a "clock watcher." Watch some of Cael Sanderson's matches, and notice how he is constantly looking to score points, even at the end of the period.</p>
<p>Warm up</p> <p>Base Drills</p> <p>Explosive Stand Up On The Wall</p> <p>Hip Heist (Solo)</p>
<p>Quick Drills</p> <p>Hip Heist From Butt With Partner</p> <p>Hip Heist From Feet With Partner</p> <p>Base Drill to Stand Up With Partner</p>
<p>Technique</p> <p>Wheel Stand Up (Ankle Defense)</p> <p>Wheel Cradle</p> <p>Cradle Defense From Back</p> <p>Chop to Knee Slide Stand Up (Chop Defense)</p> <p>Slip Arm Stand Up</p>
<p>Live</p> <p>Start on Belly (No Handles)</p> <p>Start on Base (Top Wrestler With Ankle)</p> <p>Start In Tripod</p> <p>Start In Knee Slide Position</p>
<p>Conditioning</p> <p>Fury Bad Drill</p>
<p>Notes:</p> <p>*Be sure wrestlers are putting the brakes on when taking the Wheel Cradle back. If they don't they will lose pins when bottom wrestlers rolls out of the Cradle using momentum. On the Knee Slide Stand Up from the Chop Defense the hips must be out in from of the chest and they need to be finding the Back Pressure.</p> <p>- Bottom Mentality Explanation</p>

Practice #9 - (Cross Wrist - Ball and Chain)

<p>Talk Try and get 1% better every day. Rather than focusing on your competition, focus on making yourself 1% better than you were the day before.</p>
<p>Warm up Base Drill Hip Heist Solo Explosive Stand Up Chain Wrestling (Sit Out-Switch-Stand Up)</p>
<p>Quick Drills Base Maintenance To Stand Up Knee Slide Position Maintenance To Stand Up</p>
<p>Technique Ball-n-Chain Position Stack Claw Half Tilt Knee Up Butt Chop => Ball-n-Chain Jump Across Chop (JAC) => Ball-n-Chain *With Forward Pressure Drill</p>
<p>Live & Situations: Start With Ball-n-Chain Start With Cross Wrist on Belly</p>
<p>Conditioning Stalking Drill</p>
<p>Notes: *Don't let pressure off on Ball -n- Chain at any time (Grinding Forward Pressure!) -Top mentality explanation</p>

Practice #10 - (Hi-Crotch)

<p>Talk</p> <p>Never be afraid of failure. It's going to happen. The best athletes have all failed many times throughout their careers. The difference between them and the rest of their competition is their ability to learn from this failure and use it as a tool for improvement.</p>
<p>Warm up</p> <p>Stance and Motion</p> <p>Base Drill Solo</p>
<p>Quick Drills</p> <p>Offensive Takedowns</p> <p>Stalking to DB and FHL Scoring</p>
<p>Technique</p> <p>Hi-C On Feet => Double Off => Self & Claw</p> <p>Hi-C On One Knee=> Head Drive Double => Shelf & Claw</p> <p>Knee Slide Drill => Hi-C Finish</p> <p>Hi-C On Both Knees and Stretched Out => Recover => Double => Shelf & Claw</p> <p>Defense from Knees (Knock Over)</p> <p>Defense From Feet (Toe Down and Crossface)</p> <p>Open Setups => Hi-C</p> <p>Inside Tie => Hi-C</p> <p>Underhook (U-Hook)=> Hi-C</p>
<p>Live & Situations:</p> <p>Hi-C On Feet</p> <p>Hi-C On One Knee</p> <p>Hi-C On Both Knees and Stretched Out</p> <p>Start with U-Hook</p>
<p>Conditioning</p> <p>Bad Drill</p>
<p>Notes:</p> <p>*Strong emphasis on head in the armpit and hips in. Also on the far hand pulling at knee on finish and keeping elbow tight.</p> <p>-Handfighting 101</p> <p>- Push, hang, circle, pass</p>

Practice #11 - (FHL On Feet)

<p>Talk</p> <p>Keeping a consistent, hardworking attitude in practice will translate to consistent growth on the wrestling mat.</p>
<p>Warm up</p> <p>Stance & Motion (Focus on FB Snap)</p>
<p>Quick Drills</p> <p>Open Setups => Double/Single</p> <p>Inside Tie => Hi-C/Double/Single</p> <p>Underhook => Hi-C/Double/Single</p>
<p>Technique</p> <p>Front Headlock On The Feet Position</p> <p>Front Headlock On The Feet Defense (Circle Out)</p> <p>Pull Down => Go Behind or Stab Series</p> <p>Pull Down => NS Cradle from opponents tripod</p> <p>Open => Bang & Cover FB Setup => FHL Offense</p> <p>Inside Tie => Pressure Snap</p>
<p>Live & Situations:</p> <p>Start with FHL on Feet</p> <p>FHL Wrestlers Starts First</p>
<p>Conditioning</p> <p>Over, under, around drill</p>
<p>Notes:</p> <p>*Circling the proper way when pulling the FHL down will open a lot of scoring opportunities by landing with the proper angle on your opponent, be sure your wrestlers are looking for these opportunities and scoring with them. Also, it's important that wrestlers are pouncing on opponents when using the Bang and Cover Setup and not creeping into it tentatively.</p>

Practice #12 - (Double Under Bear Hug Series)

<p>Talk Focus on the process rather than the outcome. Instead of determining all of your success by wins and losses, focus on all of the time and effort that you spent in training. Focus on how all of your hard work made you a better person on and off the mat. This shift in focus will take a lot of pressure off of you when you go into competition.</p>
<p>Warm up Base Drills - Solo Hip Heist Drill Explosive Wall Stand Ups</p>
<p>Quick Drills Open Setups => FHL/Double/Single Inside Tie => FHL/Hi-C/Double/Single Underhook => FHL/Hi-C/Double/Single</p>
<p>Technique Bear Hug Position and Teaching Progression Bear Hug Defense (Hips Back and Pummel In) Bear Hug Defense (Sag Headlock) Sag Headlock Defense (Roll Thru) Fighting off Back from Head Lock (Lock and Roll) Fighting off Back from Head Lock (Pop off) Underhook => Double Unders => Bear Hug Open => Double Unders => Bear Hug Pummell Drill Pummell Drill => Double Unders => Bear Hug Drill: Ratchet Drill (Start with lock high and work to low while partner is sagging)</p>
<p>Live & Situations: Start with lock low Start with lock high Start with Double Unders Start in Over-Under</p>
<p>Conditioning Demon Drill</p>
<p>Notes: *Be sure the hips are staying in tight on the Bear Hug and they are making a “T” once getting to the ground.</p>

Practice #13 - (Switch Series)

<p>Talk</p> <p>Don't look for ways to conserve energy during practice. Your goal in practice should be to get as tired as possible so that you are more prepared for competition.</p>
<p>Warm up</p> <p>Hip Heist</p> <p>Stance & Motion</p> <p>Base Solo</p>
<p>Quick Drills</p> <p>Double Leg & Single Legs</p> <p>Knee Slide Hi-C Drill</p> <p>Knee Slide Double Drill</p> <p>Drive to Feet with Single (Hands Locked)</p> <p>Build Up Hi-C Drill - (2 Step)</p> <p>Build Up Double Drill - (2 Step)</p> <p>Drive to Feet Single (Bull Dog)</p>
<p>Technique</p> <p>Solo Switch</p> <p>Switch</p> <p>Re-Switch</p> <p>Step Over</p> <p>Chain Wrestling (Solo & Partner): Switch-Stand Up-Hip Heist-Cover... Repeat</p>
<p>Live & Situations:</p> <p>Bottom Wrestler Goes First</p>
<p>Conditioning</p> <p>Chain Bottom Wrestling w/Partner</p>
<p>Notes:</p> <p>*On Switch they must do a good job of exploding to clear elbow on whistle and not leaving that arm behind. As well at flying to outside hip and getting hand in crotch.</p> <p>-Bottom mentality reminder</p>

Practice #14 - (Nearside Cradle)

<p>Talk</p> <p>In competition, only focus on what you can control. If the referee makes a bad call, shrug it off and continue looking to score more points. Dwelling on and complaining about the bad call is counterproductive because you will only wrestle worse.</p>
<p>Warm up</p> <p>Stance & Motion</p> <p>Base Solo</p> <p>Bottom Chain Solo</p>
<p>Quick Drills</p> <p>Bottom Master Skill Set</p>
<p>Technique</p> <p>Nearside Cradle Position</p> <p>Nearside Cradle Finish => Freight Train => Barbell</p> <p>Nearside Cradle Finish => Freight Train => Crunch</p> <p>Nearside Cradle Finish => Freight Train => High Leg</p> <p>Pound Cradle (Front and Behind)</p> <p>Lazy Chop</p> <p>Nearside Cradle Def (2-on-1 Before Locked) => Escape</p> <p>Cradle Defense (After lock on Knees, Side and From Back)</p> <p>Drill:</p> <p>Takedown and look for Nearside of Farside Cradle (Sparring)</p>
<p>Live</p> <p>Situations:</p> <p>Nearside Cradle on Base</p> <p>Nearside Cradle on Side</p> <p>Nearside Cradle From Back</p>
<p>Conditioning</p> <p>Over, under, around</p>
<p>Notes:</p> <p>*Be sure wrestlers are finishing cradle with forehead flat in mat, feet wide and hips low...</p> <p>Also make sure Cradle is being locked with elbows at the back of the knee and neck</p> <p>-Top mentality reminder</p>

Practice #15 - (Sitout & Bottom Hand Fighting)

<p>Talk</p> <p>Focus on the process rather than the outcome. Instead of determining all of your success by wins and losses, focus on all of the time and effort that you spent in training. Focus on how all of your hard work made you a better person on and off the mat. This shift in focus will take a lot of pressure off of you when you go into competition.</p>
<p>Warm up</p> <p>Hip Heist Drill (Solo)</p> <p>Hip Heist on Wall</p> <p>Stand Up to Hip Heist on Wall (Explosion Emphasis)</p>
<p>Quick Drills</p> <p>Tie Up Drill (Pick favorite shot and use different Tieups to Setup the Shot... Open/Inside Tie/U-Hook)</p>
<p>Technique</p> <p>Sitout => Hold Position</p> <p>Sitout => Hands Down & Hip Heist</p> <p>Sitout => Head Gazonce</p> <p>Sitout => Arm Gazonce</p> <p>Hand Fight => Hip Heist (Butt and Belly)</p> <p>-Double Unders</p> <p>-2 Single Bars</p> <p>-Cross Wrist</p> <p>-2 on 1</p> <p>Finish all by building base and hitting stand up.</p>
<p>Live</p> <p>Situation:</p> <p>Start on Belly Butt Any Scenario from Above</p> <p>Rough 'em Up Sparring (from the Butt)</p>
<p>Conditioning</p> <p>Bottom Chain Wrestling Partner</p>
<p>Notes:</p> <p>*Strong emphasis on understanding how to hold position in the Sitout so they are not susceptible to Cradles and Suckbacks. When Hip Heisting out of Sitout wrestlers need to be creating a lot of space and not finishing on their haunches.</p> <p>- Bottom Mentality Reminder</p>

Practice #16 - (Float Drill & Head Lever)

<p>Talk</p> <p>Keeping a consistent, hardworking attitude in practice will translate to consistent growth on the wrestling mat. The best wrestlers are always looking to improve on their skill set.</p>
<p>Warm up</p> <p>Stance & Motion</p> <p>Base Drill Solo</p>
<p>Quick Drills</p> <p>Shot Defense Drill</p> <p>Base Drill Partner</p>
<p>Technique</p> <p>Head Lever => Duck</p> <p>Head Lever => Chicken Wing</p> <p>Float Technique</p> <p>Float => Change Over => Stand Up</p> <p>Top Wrestler:</p> <p>Ankle Down => Half</p> <p>Ankle Down => Crossface</p>
<p>Live</p> <p>Situation:</p> <p>Start with favorite turn</p>
<p>Conditioning</p> <p>Stalking Drill</p>
<p>Notes:</p> <p>*Be sure wrestlers are driving over the arm on the Head Lever and not trying to pull it back. Also make sure they understand how to whip the hip on the spiral motion. On the Float Drill they have to be active, if they are lazy they will be left behind when the bottom wrestler is changing over and they will get beat.</p> <ul style="list-style-type: none"> - Top Mentality Reminder

Practice #17 - (Basic Leg Defense Series)

<p>Talk Doing something “hard” on a regular basis and pushing yourself past your limits will make you much more prepared for those tough, grueling matches during the season where the guy who is mentally stronger often comes out on top.</p>
<p>Warm up Base Drill Solo Chain Wrestling from Bottom Drill Solo</p>
<p>Quick Drills Shot Drill (Pick your favorite tie-up and hit all offense from there... FHL/Double/Single/Hi-C/Body Lock) Base Drill Partner</p>
<p>Technique Ankle Whip Mule Kick Pinch -n- Catch To Feet Pinch -n- Catch Hip Heist Pinch -n- Catch Toe Hold Climb the Rope</p>
<p>Live Situation: Hover Ride Crab Position One Leg In</p>
<p>Conditioning</p>
<p>Demon Drill</p>
<p>Notes: *Must be sure wrestlers are not staying square on the Pinch -n- Catch and they are bringing outside knee to inside while looking in. When catching the leg they need to explode to feet and escape the weight and not try to win position while staying on the knees.</p>

Attack Style Wrestling Standards of Learning -YOUTH LEVEL-

Skill Test

Top

Half Nelson

- 1). Outside Ankle Down Half Nelson => Stuff Head Half (Start on Belly) Pass ___ Fail ___
- 2). Outside Ankle Down Half Nelson => Power Pry Half (Start on Belly) Pass ___ Fail ___
- 3). Far Knee Breakdown => Any Half Nelson Pass ___ Fail ___
- 4). Half Defense Pass ___ Fail ___

Cross Face

- 5). Ankle Down (Outside) => Crossface => Barbed Wire Pass ___ Fail ___

Nearside Cradle

- 6). Pound Cradle (Behind) => Nearside Cradle => Freight Train => Barbell Pass ___ Fail ___
- 7). Nearside Cradle Def (2-on-1 Before Locked) => Escape Pass ___ Fail ___
- 8). Cradle Defense (After lock on Knees, Side and From Back) Pass ___ Fail ___

Float Drill

- 9). Float Technique Pass ___ Fail ___

Bottom

Stand Up Series

- 10). Entire Stand Up Pass ___ Fail ___
- 11). Wheel Stand Up (Ankle Defense) Pass ___ Fail ___
- 12). Wheel Cradle Pass ___ Fail ___
- 13). Cradle Defense From Back Pass ___ Fail ___

Switch Series

14). Switch Pass ___ Fail ___

Sitout Series

15). Hand Fight From Belly => Clear 2 Single Bars => Stand Up Pass ___ Fail ___

16). Hand Fight From Belly => Clear Cross Wrist => Stand Up Pass ___ Fail ___

17). Hand Fight From Belly => Clear 2 on 1 => Stand Up Pass ___ Fail ___

Neutral

Double Leg

18). Open Setups => Double Leg => Self -n- Claw Finish Pass ___ Fail ___

19). Double Defense => Spin Behind Pass ___ Fail ___

Front Headlock (Knees)

20). Stalking => Down Block => Stab FHL => Nearside Cradle => Barbell Pass ___ Fail ___

21). FHL Defense (Circle Out) Pass ___ Fail ___

Drags

54). Drag => Lift and Return Pass ___ Fail ___

56). Drag Defense (Basics of Down Blocking) Pass ___ Fail ___

Single Leg

22). Open => Power Single => Knee Up Pass ___ Fail ___

23). Single Leg Defense (Feet) Pass ___ Fail ___

24). Single Leg Defense (Knees) Pass ___ Fail ___

Front Headlock (Feet)

25). Open => Bang & Cover => Pull Down => Stab FHL to Cradle Pass ___ Fail ___

26). Front Headlock On The Feet Defense (Circle Out) Pass ___ Fail ___

Bear Hug

27). Pummell Drill Pass ___ Fail ___

28). Open => Double Unders => Bear Hug Pass ___ Fail ___

29). Underhook => Double Unders => Bear Hug Pass ___ Fail ___

- 30). Bear Hug Defense (Hips Back and Pummel In) Pass ___ Fail ___
- 31). Bear Hug Defense (Sag Headlock) Pass ___ Fail ___
- 32). Sag Headlock Defense (Roll Thru) Pass ___ Fail ___
- 33). Fighting off Back from Head Lock (Lock and Roll) Pass ___ Fail ___
- 34). Fighting off Back from Head Lock (Pop off) Pass ___ Fail ___
- 35). Stance -n- Motion => Sprawl Pass ___ Fail ___
- 36). Stance -n- Motion => Penetration Step Pass ___ Fail ___

