



USA wrestling

Practice Plans

USA Wrestling's Core Curriculum
Level 2 Freestyle



Practice Plan

USA Wrestling's Core Curriculum Level 2 Freestyle

Week 1 Practice A

Date _____

Total Time 55-75 min

ACTIVITY	TIME
Roll Call and Announcements _____ _____ _____	5
Warm Up <ul style="list-style-type: none">• Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...)• Select 2-3 activities from 1a, 1b, 1c, and 1d each<ul style="list-style-type: none">• Form lines for these activities. Make sure the athletes are a safe distance apart. _____ _____	10
Introduction of New Techniques <ul style="list-style-type: none">• Freestyle stance• Head position _____ _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none">• Mirror drill• Cricket and wicket• 2-3 activities from 1f _____ _____ _____	10-15
Mat Games <ul style="list-style-type: none">• Bone fight	10-20
Cool Down	5
Closing Announcements _____ _____	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Freestyle

Week 1 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements _____ _____	5
Warm Up <ul style="list-style-type: none"> • Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) • Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> • Form lines for these activities. Make sure the athletes are a safe distance apart. _____ _____	10
Review of Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none"> • Making contact • Inside step penetration <ul style="list-style-type: none"> • Double leg _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Iron cross • Limbo level change • Select 2 activities from 1d _____ _____	10-15
Mat Games <ul style="list-style-type: none"> • Knee tag • Toe tag 	10-20
Cool Down	5
Closing Announcements _____	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Freestyle

Week 1 Practice C

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements _____ _____	5
Warm Up <ul style="list-style-type: none">• Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...)• Select 2-3 activities from 1a, 1b, 1c, and 1d each<ul style="list-style-type: none">• Form lines for these activities. Make sure the athletes are a safe distance apart. _____ _____	10
Review of Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none">• Hi-C• Crowding• Wrist tie / baseball grip• Arm drags / chops _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none">• Spin drill• Wall flip-overs• Select 2 activities from 1d _____ _____	10-15
Mat Games <ul style="list-style-type: none">• Mat kings	10-20
Cool Down	5
Closing Announcements _____	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Freestyle

Week 2 Practice A

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements _____ _____	5
Warm Up <ul style="list-style-type: none"> • Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) • Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> • Form lines for these activities. Make sure the athletes are a safe distance apart. _____ _____	10
Review of Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none"> • Making contact • Setups / hand fighting _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Crawl under and archovers • Tip up • Knee running _____ _____	10-15
Mat Games <ul style="list-style-type: none"> • Crack the whip • Relay races • One other game from 4 	10-20
Cool Down	5
Closing Announcements _____ _____	



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Week 2 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up <ul style="list-style-type: none"> • Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) • Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> • Form lines for these activities. Make sure the athletes are a safe distance apart. 	10
Review of Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none"> • Stuff head to breaking down opponent's attack • Down block and sprawl 	15-20
Live wrestling (optional) - Situation wrestling: <ul style="list-style-type: none"> • 1-5 minutes - techniques covered up to this point • Intervals should be 30 seconds or shorter 	0-10
Strength and Skill Based Activities <ul style="list-style-type: none"> • Whizzer • Stuck in mud 	10-15
Mat Games <ul style="list-style-type: none"> • Fox tail • Coaches choice 	10-20
Cool Down	5
Closing Announcements	



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Week 2 Practice C

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements _____ _____	5
Warm Up <ul style="list-style-type: none"> • Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) • Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> • Form lines for these activities. Make sure the athletes are a safe distance apart. _____ _____	10
Review of Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none"> • Par terre gut wrench offense _____ _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Neck bridges and walk around • Clock • Select 2 activities from 1d _____ _____	10-15
Mat Games <ul style="list-style-type: none"> • Log lift / reverse lift 	10-20
Cool Down	5
Closing Announcements _____	



Practice Plan

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Week 3 Practice A

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up	10
<ul style="list-style-type: none"> Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc..) Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> Form lines for these activities. Make sure the athletes are a safe distance apart. 	
Review of Prior Week's Skills	5
Introduction of New Techniques	15-20
<ul style="list-style-type: none"> Outside step penetration <ul style="list-style-type: none"> Single leg Snatch single 	
Live wrestling (optional) - Short live session (10 minutes or less)	0-10
<ul style="list-style-type: none"> 3-4 person groups <ul style="list-style-type: none"> 30 second intervals Standing (neutral) position Winner stays out or straight rotation 	
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> Sideways plank walk Lateral glides Knee explosions to feet 	
Mat Games	10-20
<ul style="list-style-type: none"> Chicken Relay races - choose races from 4i 	
Cool Down	5
Closing Announcements	



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Week 3 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up	10
<ul style="list-style-type: none"> Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> Form lines for these activities. Make sure the athletes are a safe distance apart. 	
Review of Prior Week's Skills	5
Introduction of New Techniques	15-20
<ul style="list-style-type: none"> Outside step penetration Duck under 	
Live wrestling (optional) - Short live session (10 minutes or less)	0-10
<ul style="list-style-type: none"> 3-4 person groups <ul style="list-style-type: none"> Shark bait format 30 second periods Coaches choice First half of time is techniques learned to this point / second half in neutral position 	
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> 360° jumps Back step summersault Jolt drill 	
Mat Games	10-20
<ul style="list-style-type: none"> Sharks and minnows Rescue mission 	
Cool Down	5
Closing Announcements	



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Week 3 Practice C

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements _____ _____	5
Warm Up <ul style="list-style-type: none"> • Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) • Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> • Form lines for these activities. Make sure the athletes are a safe distance apart. _____ _____	10
Review of Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none"> • Outside step penetration • Outside double leg _____ _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Pop hips and lift drill • Select 2 activities from 1d _____ _____ _____	10-15
Mat Games <ul style="list-style-type: none"> • Chicken 	10-20
Cool Down	5
Closing Announcements _____	



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Week 4 Practice A

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements _____	5
Warm Up <ul style="list-style-type: none"> Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> Form lines for these activities. Make sure the athletes are a safe distance apart. 	10
Review of Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none"> Scoring takedowns <ul style="list-style-type: none"> From your knees _____ _____ _____	15-20
Live wrestling (optional) - Short live session (10 minutes or less) <ul style="list-style-type: none"> 3-4 person groups <ul style="list-style-type: none"> Shark bait format 30 second periods Coaches choice First half of time is techniques learned to this point / second half in neutral position _____	0-10
Strength and Skill Based Activities <ul style="list-style-type: none"> Army crawl Scramble to stance 1 activity from 1b, 1e, or 1f 	10-15
Mat Games <ul style="list-style-type: none"> Norske ball 	10-20
Cool Down	5
Closing Announcements _____	



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Week 4 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up	10
<ul style="list-style-type: none"> Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> Form lines for these activities. Make sure the athletes are a safe distance apart. 	
Review of Prior Week's Skills	5
Introduction of New Techniques	15-20
<ul style="list-style-type: none"> Review of takedowns Finishes 	
Live wrestling (optional) - Pick one partner	0-10
<ul style="list-style-type: none"> 10 x 30 second periods <ul style="list-style-type: none"> First 5 periods wrestlers start in positions covered to this point Second 5 periods wrestlers start in neutral position 1 or 2 longer periods - starting in neutral 	
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> Rockover step drill Buddy carry 	
Mat Games	10-20
<ul style="list-style-type: none"> Turk step chase (from feet) 	
Cool Down	5
Closing Announcements	



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Week 4 Practice C

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements <hr/> <hr/>	5
Warm Up <ul style="list-style-type: none"> • Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) • Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> • Form lines for these activities. Make sure the athletes are a safe distance apart. <hr/> <hr/>	10
Review of Last Practice (4B) <ul style="list-style-type: none"> • Scoring takedowns • Finishes <hr/> <hr/> <hr/>	20-25
Strength and Skill Based Activities <ul style="list-style-type: none"> • Down blocking drill • Sprawl and recover drill • Select 2 activities from 1d <hr/> <hr/>	10-15
Mat Games <ul style="list-style-type: none"> • Soccer 	10-20
Cool Down	5
Closing Announcements <hr/>	



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Week 5 Practice A

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up	10
<ul style="list-style-type: none"> Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> Form lines for these activities. Make sure the athletes are a safe distance apart. 	
Review of Prior Week's Skills	5
Introduction of New Techniques	15-20
<ul style="list-style-type: none"> Gut wrench defense Leg lace - cartwheel 	
Live wrestling (optional) - Pick one partner	0-10
<ul style="list-style-type: none"> 2 periods of 1 minute and 30 seconds each (neutral) Start in par terre position (alternate top and bottom) <ul style="list-style-type: none"> 30 second periods 	
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> Crawl under and arch-overs Wall flip-overs 	
Mat Games	10-20
<ul style="list-style-type: none"> Coaches choice 	
Cool Down	5
Closing Announcements	



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Week 5 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up	10
<ul style="list-style-type: none"> Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> Form lines for these activities. Make sure the athletes are a safe distance apart. 	
Review of Prior Week's Skills	5
Introduction of New Techniques	15-20
<ul style="list-style-type: none"> Counter offense <ul style="list-style-type: none"> Foot to mat Foot to mat with moving head Setups / handfighting <ul style="list-style-type: none"> Force your opponent's reaction Level change 	
Live wrestling (optional)	0-10
<ul style="list-style-type: none"> 1 full match (3 periods) Situations (20 second periods - alternating) <ul style="list-style-type: none"> Techniques covered today 	
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> Coaches choice Walking on hands 	
Mat Games	10-20
<ul style="list-style-type: none"> Rescue mission 	
Cool Down	5
Closing Announcements	



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Week 5 Practice C

Date _____

Total Time 69-99 min

ACTIVITY	TIME
Roll Call and Announcements <hr/> <hr/>	5
Warm Up <ul style="list-style-type: none"> • Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) • Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> • Form lines for these activities. Make sure the athletes are a safe distance apart. 	10
Review of Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none"> • Par terre defense • Ankle lace - catch ankle <hr/> <hr/>	15-20
Live wrestling <ul style="list-style-type: none"> • Six 1 minute goes - neutral position • Six 30 second goes - par terre position <hr/> <hr/>	9
Strength and Skill Based Activities <ul style="list-style-type: none"> • Fox tail <hr/> <hr/>	10-15
Mat Games <ul style="list-style-type: none"> • Speed ball 	10-20
Cool Down	5
Closing Announcements <hr/>	



Practice Plan

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Week 6 Practice A

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up	10
<ul style="list-style-type: none"> Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> Form lines for these activities. Make sure the athletes are a safe distance apart. 	
Introduction of New Techniques	15-20
<ul style="list-style-type: none"> Inline fireman's carry 	
Review	5
<ul style="list-style-type: none"> Scoring takedowns from knees 	
Live wrestling (optional)	0-10
<ul style="list-style-type: none"> Group of 3 <ul style="list-style-type: none"> Neutral Straight rotation of 1 minute periods (6 minutes) Group of 3 <ul style="list-style-type: none"> Straight rotation of 20 second periods (ankle lace only - 4 minutes) 	
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> Fireman's buddy carry 	
Mat Games	10-20
<ul style="list-style-type: none"> Relay races 	
Cool down	5
Closing Announcements	



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Week 6 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up <ul style="list-style-type: none"> • Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) • Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> • Form lines for these activities. Make sure the athletes are a safe distance apart. 	10
Review of Skills <ul style="list-style-type: none"> • Neutral position • Counter offense • Inline fireman's carry 	20-25
Live wrestling (optional) <ul style="list-style-type: none"> • Shark bait <ul style="list-style-type: none"> • 4 man groups - neutral position only • 1 minute rotations 	0-10
Strength and Skill Based Activities <ul style="list-style-type: none"> • Scramble to stance • Tip up 	10-15
Mat Games <ul style="list-style-type: none"> • Knee tag • Power ball 	10-20
Cool Down	5
Closing Announcements	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Freestyle

Week 6 Practice C

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements _____ _____	5
Warm Up <ul style="list-style-type: none">• Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...)• Select 2-3 activities from 1a, 1b, 1c, and 1d each<ul style="list-style-type: none">• Form lines for these activities. Make sure the athletes are a safe distance apart. _____ _____	10
Review of Skills <ul style="list-style-type: none">• Neutral position - offense• Inside step penetration• Outside step penetration _____ _____ _____	20-25
Strength and Skill Based Activities <ul style="list-style-type: none">• Crab walk• Knee running• Select 2 activities from 1d _____ _____ _____	10-15
Mat Games <ul style="list-style-type: none">• Mat kings• Soccer _____ _____	10-20
Cool Down Closing Announcements _____ _____	5