



USA wrestling

Practice Plans

USA Wrestling's Core Curriculum
Level 2 Folkstyle



Practice Plan

USA Wrestling's Core Curriculum Level 2 Folkstyle

Week 1 Practice A

Date _____

Total Time 55-75 min

ACTIVITY	TIME
Roll Call and Announcements <hr/> <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
Introduction of New Techniques <ul style="list-style-type: none"> • Stance & motion • Closing the gap • Level change & penetration step <hr/> <hr/> <hr/>	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Scramble to stance drill (explain basic stance) • Mirror drill • Cricket and wicket • 2-3 activities from 1f <hr/> <hr/>	10-15
Mat Games <ul style="list-style-type: none"> • Power ball 	10-20
Cool Down	5
Closing Announcements <hr/>	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Folkstyle

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 • Set-ups / control ties <ul style="list-style-type: none"> • Hand fighting to control tie _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Caged up • Jolt drill • Flip-over • Select 2 activities from 1d _____ _____	10-15
Mat Games <ul style="list-style-type: none"> • Sharks and minnows 	10-20
Cool Down	5
Closing Announcements _____ _____	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Folkstyle

Week 1 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 Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none"> • Double leg (inside & outside) • Driving finish <hr/> <hr/> <hr/>	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Caged up • Jolt drill • Limbo level change • Select 2 activities from 1d <hr/> <hr/>	10-15
Mat Games <ul style="list-style-type: none"> • Wrestler's handshake <hr/>	10-20
Cool Down	5
Closing Announcements <hr/>	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Folkstyle

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"> • Sweep single (inside & outside) <ul style="list-style-type: none"> • Tree top finish • Run the pipe finish _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Limbo level change • Bear crawl • Select 2-3 activities from 1e and 1f _____ _____ _____	10-15
Mat Games <ul style="list-style-type: none"> • Caged up or knee tag • 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"> • Lines of defense • Stuff head <ul style="list-style-type: none"> • Single • High crotch • Down block and go behind • Sprawl & spin 	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"> • Spin drill • Tip up • Stance and motion drill 	10-15
Mat Games <ul style="list-style-type: none"> • Fox tail • Spinning bear 	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"> • Stand up • Front headlock <ul style="list-style-type: none"> • Go behind _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Spin drill • Stand up returns • Flip-over • Select 2 activities from 1d _____ _____	10-15
Mat Games <ul style="list-style-type: none"> • Sharks and minnows _____	10-20
Cool Down	5
Closing Announcements _____ _____	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Folkstyle

Week 3 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"> High crotch <ul style="list-style-type: none"> Inside step penetration Pop finish 	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"> 30 second intervals Standing (neutral) position Winner stays out or straight rotation 	0-10
Strength and Skill Based Activities <ul style="list-style-type: none"> Spin drill Seal crawl Backstep drill against the wall Stance and motion (optional) 	10-15
Mat Games <ul style="list-style-type: none"> Chicken Relay races - choose races from 4i 	10-20
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 <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"> High crotch <ul style="list-style-type: none"> Change off to double 	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"> Back arch drill Clock drill Wall walk Crawl under and arch overs 	10-15
Mat Games <ul style="list-style-type: none"> Crack the whip Knee tag 	10-20
Cool Down	5
Closing Announcements	



Practice Plan

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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">• High crotch<ul style="list-style-type: none">• Outside step penetration• Pop finish• Change off to double _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none">• Caged up• Iron cross• Flip-over• Select 2 activities from 1d _____ _____	10-15
Mat Games <ul style="list-style-type: none">• Face off	10-20
Cool Down	5
Closing Announcements _____ _____	



Practice Plan

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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"> Short sit <ul style="list-style-type: none"> Stand up Switch 	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"> Back step drill Backstep sommersault drill Flippers 1 activity from 1b, 1e, or 1f 	10-15
Mat Games <ul style="list-style-type: none"> Switcher Power 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 <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"> Pop & chop <ul style="list-style-type: none"> Near wrist-cheap tilt Far side tilt Bar arms 	15-20
Live wrestling (optional) - Pick one partner <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 	0-10
Strength and Skill Based Activities <ul style="list-style-type: none"> Neck bridges & walk around Tip up drill 	10-15
Mat Games <ul style="list-style-type: none"> Bull riding Relay races 	10-20
Cool Down	5
Closing Announcements	



Practice Plan

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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 Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none"> • Short sit <ul style="list-style-type: none"> • Head post • Head post from opponent's pop & chop <hr/> <hr/>	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Caged up • Tip up • Sit ups • Select 2 activities from 1d <hr/> <hr/>	10-15
Mat Games <ul style="list-style-type: none"> • Spinning bear <hr/>	10-20
Cool Down	5
Closing Announcements	



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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"> Fireman's carry Inline finish 	
Live wrestling (optional) - Pick one partner	0-10
<ul style="list-style-type: none"> 2 periods of 1 minute and 30 seconds each Start in referees position (alternate top and bottom) 	
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> Face off drill Hip dump drill 	
Mat Games	10-20
<ul style="list-style-type: none"> Sock game 	
Cool Down	5
Closing Announcements	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Folkstyle

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"> Fireman's carry <ul style="list-style-type: none"> Inline finish Kelly finish 	
Live wrestling (optional)	0-10
<ul style="list-style-type: none"> 1 or 2 full matches 	
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> Hip dump drill Scramble to stance drill 	
Mat Games	10-20
<ul style="list-style-type: none"> Switcheroo Norske ball 	
Cool Down	5
Closing Announcements	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Folkstyle

Week 5 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 Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none"> • Review offensive techniques from feet <hr/> <hr/>	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Caged up • Cricket and wicket • Bridges - front & back • Select 2 activities from 1d <hr/> <hr/>	10-15
Mat Games <ul style="list-style-type: none"> • Turk step chase <hr/>	10-20
Cool Down	5
Closing Announcements <hr/> <hr/>	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Folkstyle

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. 	
Review of Prior Week's Skills	5
Introduction of New Techniques	15-20
<ul style="list-style-type: none"> Spiral ride / breakdowns Spiral drill 	
Live wrestling (optional)	0-10
<ul style="list-style-type: none"> Group of 3 <ul style="list-style-type: none"> Straight rotation of 1 minute periods 	
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> Bull riding drill Face off drill 	
Mat Games	10-20
<ul style="list-style-type: none"> Soccer 	
Cool down	5
Closing Announcements	



Practice Plan

USA Wrestling's Core Curriculum Level 1 Folkstyle

Week 6 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"> Spiral ride Arm turk 	
Live wrestling (optional)	0-10
<ul style="list-style-type: none"> 1 match 4 man groups with straight rotations: top-bottom-out-out <ul style="list-style-type: none"> 20 second periods 	
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> Hip dump drill Switcher drill Flopping fish drill 	
Mat Games	10-20
<ul style="list-style-type: none"> Soccer 	
Cool Down	5
Closing Announcements	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Folkstyle

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 Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none"> • Spiral ride • Leg turk _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Caged up • Jolt drill • Flip-over • Select 2 activities from 1d _____ _____	10-15
Mat Games <ul style="list-style-type: none"> • Sharks and minnows _____ _____	10-20
Cool Down	5
Closing Announcements _____	