



USA wrestling

Practice Plans

USA Wrestling's Core Curriculum
Level 2 Greco-Roman



Practice Plan

USA Wrestling's Core Curriculum Level 2 Greco-Roman

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">• Pummel• Underhook _____ _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none">• Tip up• Cricket and wicket• Neck bridges and walk around _____ _____ _____	10-15
Mat Games <ul style="list-style-type: none">• Power ball	10-20
Cool Down	5
Closing Announcements _____ _____	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Greco-Roman

Week 1 Practice B

Date _____

Total Time 55-75 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 / Introduction of New Techniques <ul style="list-style-type: none"> • Pummel <ul style="list-style-type: none"> • Using legs / push-pull motion • Underhook to drag <hr/> <hr/> <hr/>	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Iron cross • Wall walk • Walking on hands <hr/>	10-15
Mat Games <ul style="list-style-type: none"> • Knee tag 	10-20
Cool Down	5
Closing Announcements <hr/> <hr/>	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Greco-Roman

Week 1 Practice C

Date _____

Total Time 55-75 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 / Introduction of New Techniques <ul style="list-style-type: none"> • Pummel <ul style="list-style-type: none"> • Underhook • Using legs / push-pull motion • Underhook to drag • Slideby <hr/> <hr/> <hr/>	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Back arch • Clock • 2-3 activities from 1f <hr/> <hr/>	10-15
Mat Games <ul style="list-style-type: none"> • Bone fight 	10-20
Cool Down	5
Closing Announcements <hr/>	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Greco-Roman

Week 2 Practice A

Date _____

Total Time 60-80 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 / Introduction of New Techniques <ul style="list-style-type: none"> • Pummel • Double underhook <hr/> <hr/>	20-25
Strength and Skill Based Activities <ul style="list-style-type: none"> • Buddy carry • Wall flip overs • Select 2-3 activities from 1e and 1f <hr/> <hr/>	10-15
Mat Games <ul style="list-style-type: none"> • Coaches choice <hr/>	10-20
Cool Down Closing Announcements <hr/> <hr/>	5



Practice Plan

USA Wrestling's Core Curriculum Level 2 Greco-Roman

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 / Introduction of New Techniques <ul style="list-style-type: none"> • Pummel <ul style="list-style-type: none"> • Underhook • Double underhook • Push-pull motion • Armdrag • Slideby • Arm throw 	20-25
Live wrestling (optional) - Situation wrestling: <ul style="list-style-type: none"> • 1-5 minutes - techniques covered up to this point <ul style="list-style-type: none"> • Intervals should be 30 seconds or shorter • No arm throws 	0-10
Strength and Skill Based Activities <ul style="list-style-type: none"> • Tip up • Neck bridges • Select 1 activity from 1f 	10-15
Mat Games <ul style="list-style-type: none"> • Coaches choice 	10-20
Cool Down	5
Closing Announcements	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Greco-Roman

Week 2 Practice C

Date _____

Total Time 55-80 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 / Introduction of New Techniques <ul style="list-style-type: none">• Review prior week's skills• Hiplock _____ _____ _____ _____ _____	20-25
Strength and Skill Based Activities <ul style="list-style-type: none">• Clock• Back step summersault• Select 2-3 activities from 1f _____ _____	10-15
Mat Games <ul style="list-style-type: none">• Speed ball	10-20
Cool Down	5
Closing Announcements _____ _____	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Greco-Roman

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 / Introduction of New Techniques <ul style="list-style-type: none"> Head and arm Pummel to underhook <ul style="list-style-type: none"> Push-pull motion 	20-25
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"> Army crawl Wall walk Backstep drill against the wall Stance and motion (shadow wrestling) 	10-15
Mat Games <ul style="list-style-type: none"> Chicken Relay races - choose races from 4i 	10-20
Cool Down	5
Closing Announcements	



Practice Plan

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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 / Introduction of New Techniques <ul style="list-style-type: none"> Pummeling <ul style="list-style-type: none"> Push-pull motion Underhook Hiplock Arm throw Head and arm Reverse headlock 	20-25
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 <ul style="list-style-type: none"> 20 seconds live pummel to 1 point scores Last 10 seconds man out does arm throw, hiplock, or head and arm (drilling) 	0-10
Strength and Skill Based Activities <ul style="list-style-type: none"> Wall flipovers Clock Neck bridges and walk around Tip up 	10-15
Mat Games <ul style="list-style-type: none"> Speed ball 	10-20
Cool Down	5
Closing Announcements	



Practice Plan

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Week 3 Practice C

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
Review / Introduction of New Techniques <ul style="list-style-type: none"> Sag headlock Pummeling <ul style="list-style-type: none"> Push-pull motion Underhook Double underhooks Arm throw Drag Slideby 	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> Back step summersault Back arch Wall walk 	10-15
Mat Games <ul style="list-style-type: none"> Fox Tail 	10-20
Cool Down	5
Closing Announcements	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Greco-Roman

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 / Introduction of New Techniques <ul style="list-style-type: none"> 2 on 1 <ul style="list-style-type: none"> 2 on 1 hi-dive 2 on 1 duck under Arm bars 	20-25
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"> Standing broad jumps Knee ups 1 activity from 1b, 1e, or 1f 	10-15
Mat Games <ul style="list-style-type: none"> 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 / Introduction of New Techniques <ul style="list-style-type: none">• Arm bars• Lift• Par terre defense<ul style="list-style-type: none">• Straight lift _____ _____	20-25
Live wrestling (optional) - Pick one partner <ul style="list-style-type: none">• 10 x 30 second periods<ul style="list-style-type: none">• 6 periods wrestlers start in par terre (switch top and bottom)• 4 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">• Back step drill• Sideways plank walk• Wall flipovers _____	10-15
Mat Games <ul style="list-style-type: none">• Relay races _____	10-20
Cool Down Closing Announcements	5



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Week 4 Practice C

Date _____

Total Time 55-75 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 / Introduction of New Techniques	15-20
<ul style="list-style-type: none"> Lift Straight lift defense Par terre defense <ul style="list-style-type: none"> Mid gut High gut 	
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> Bear crawl Walking on hands Select 2-3 activities from 1f 	
Mat Games	10-20
<ul style="list-style-type: none"> Log lift / reverse lift 	
Cool down	5
Closing Announcements	



Practice Plan

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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 / Introduction of New Techniques	20-25
<ul style="list-style-type: none"> Defending high gut, mid gut, and straight lift Defending single underhooks 	
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 Neck bridges and walk around 	
Mat Games	10-20
<ul style="list-style-type: none"> Toe tag 	
Cool Down	5
Closing Announcements	



Practice Plan

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Week 5 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 / Introduction of New Techniques <ul style="list-style-type: none"> Par terre defense <ul style="list-style-type: none"> Movement on bottom Hips and shoulders square / heavy Fight the lock Defending single underhooks Defending double underhooks 	20-25
Live wrestling (optional) <ul style="list-style-type: none"> 1 full match (3 periods) Par terre (20 second periods - alternating top and bottom) 	0-10
Strength and Skill Based Activities <ul style="list-style-type: none"> Buddy carry Walking on hands 	10-15
Mat Games <ul style="list-style-type: none"> Norske ball 	10-20
Cool Down	5
Closing Announcements	



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Week 5 Practice C

Date _____

Total Time 55-75 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 / Introduction of New Techniques <ul style="list-style-type: none"> • Defending double and single underhooks • Defending hiplock <hr/> <hr/> <hr/> <hr/>	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Iron cross • Wall walk • Select 2 or 3 activities from 1f <hr/> <hr/> <hr/>	10-15
Mat Games <ul style="list-style-type: none"> • Soccer 	10-20
Cool Down	5
Closing Announcements <hr/> <hr/>	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Greco-Roman

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 / Introduction of New Techniques	20-25
<ul style="list-style-type: none"> Defending double and single underhooks 2 on 1 to slideby 	
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 (bar arms only - 4 minutes) 	
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> Tip up Wall walk Clock 	
Mat Games	10-20
<ul style="list-style-type: none"> Power ball 	
Cool Down	5
Closing Announcements	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Greco-Roman

Week 6 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
<hr/>	
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. 	
<hr/>	
Review / Introduction of New Techniques	15-20
<ul style="list-style-type: none"> • 2 on 1 to arm throw 	
<hr/>	
<hr/>	
<hr/>	
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 	
<hr/>	
<hr/>	
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> • Log lift / reverse lift • 360° jumps 	
<hr/>	
<hr/>	
Mat Games	10-20
<ul style="list-style-type: none"> • Speed ball 	
Cool down	5
Closing Announcements	
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<hr/>	



Practice Plan

USA Wrestling's Core Curriculum Level 2 Greco-Roman

Week 6 Practice C

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
Review / Introduction of New Techniques <ul style="list-style-type: none">• 2 on 1 slide by• 2 on 1 arm throw• 2 on 1 headlock _____ _____ _____ _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none">• Back step summersault• Back arch• Iron cross _____ _____ _____	10-15
Mat Games <ul style="list-style-type: none">• Bone fight	10-20
Cool Down	5
Closing Announcements _____ _____	