

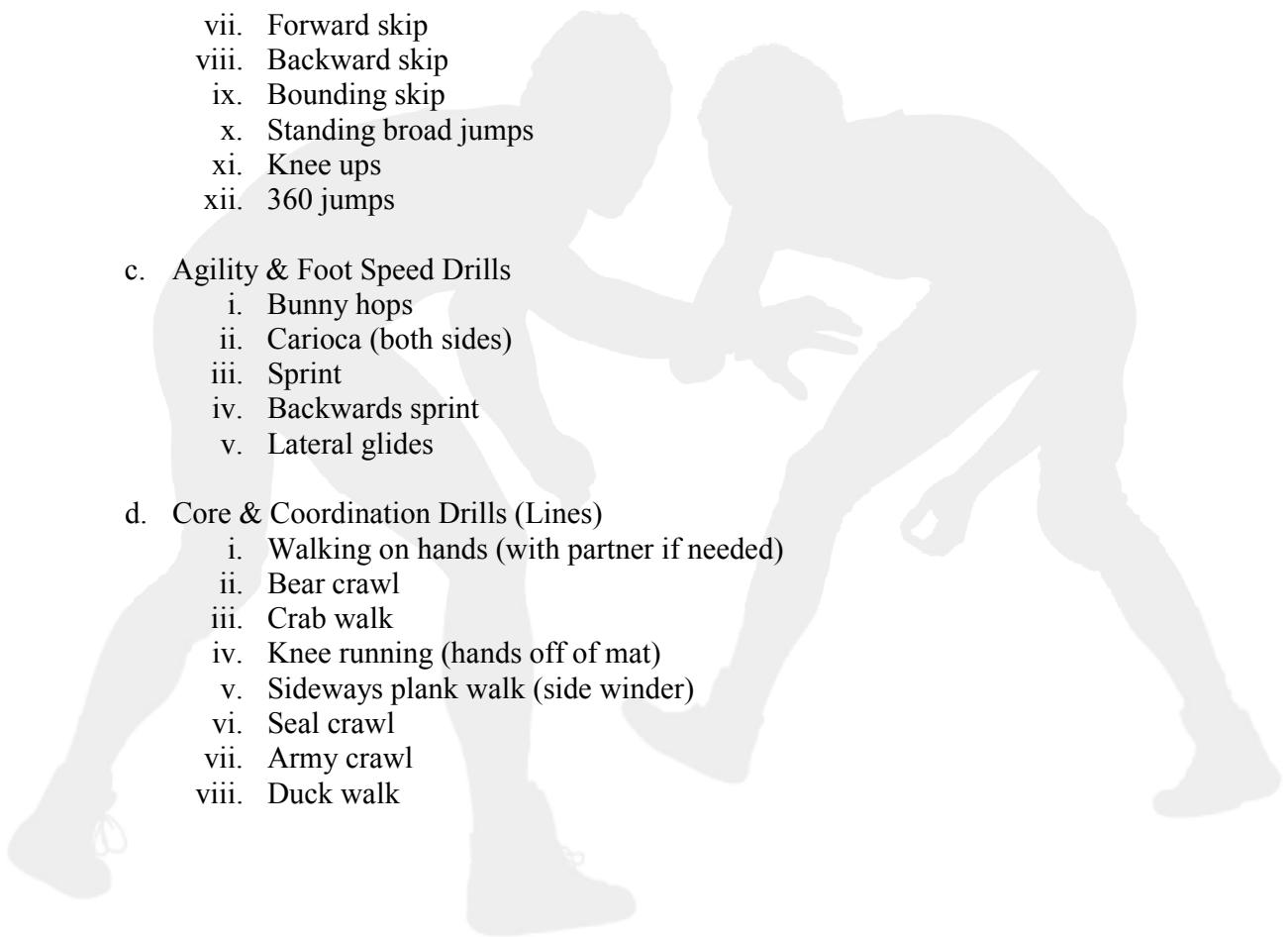


# Drills & Activities

## USA Wrestling's Core Curriculum Level 1 Folkstyle

### 1) Drills and Activities

- a. Gymnastics & Tumbling
  - i. Forward rolls
  - ii. Forward diving rolls
  - iii. Alternating shoulder rolls
  - iv. Backward rolls
  - v. Backward rolls with extension
  - vi. Cartwheels
  - vii. Head springs
  - viii. Round offs
  
- b. Jumping & Explosion
  - i. One leg hops
  - ii. Knee explosions to feet
  - iii. High knees
  - iv. Backwards high knees
  - v. A-skips
  - vi. Butt kickers
  - vii. Forward skip
  - viii. Backward skip
  - ix. Bounding skip
  - x. Standing broad jumps
  - xi. Knee ups
  - xii. 360 jumps
  
- c. Agility & Foot Speed Drills
  - i. Bunny hops
  - ii. Carioca (both sides)
  - iii. Sprint
  - iv. Backwards sprint
  - v. Lateral glides
  
- d. Core & Coordination Drills (Lines)
  - i. Walking on hands (with partner if needed)
  - ii. Bear crawl
  - iii. Crab walk
  - iv. Knee running (hands off of mat)
  - v. Sideways plank walk (side winder)
  - vi. Seal crawl
  - vii. Army crawl
  - viii. Duck walk





# Drills & Activities

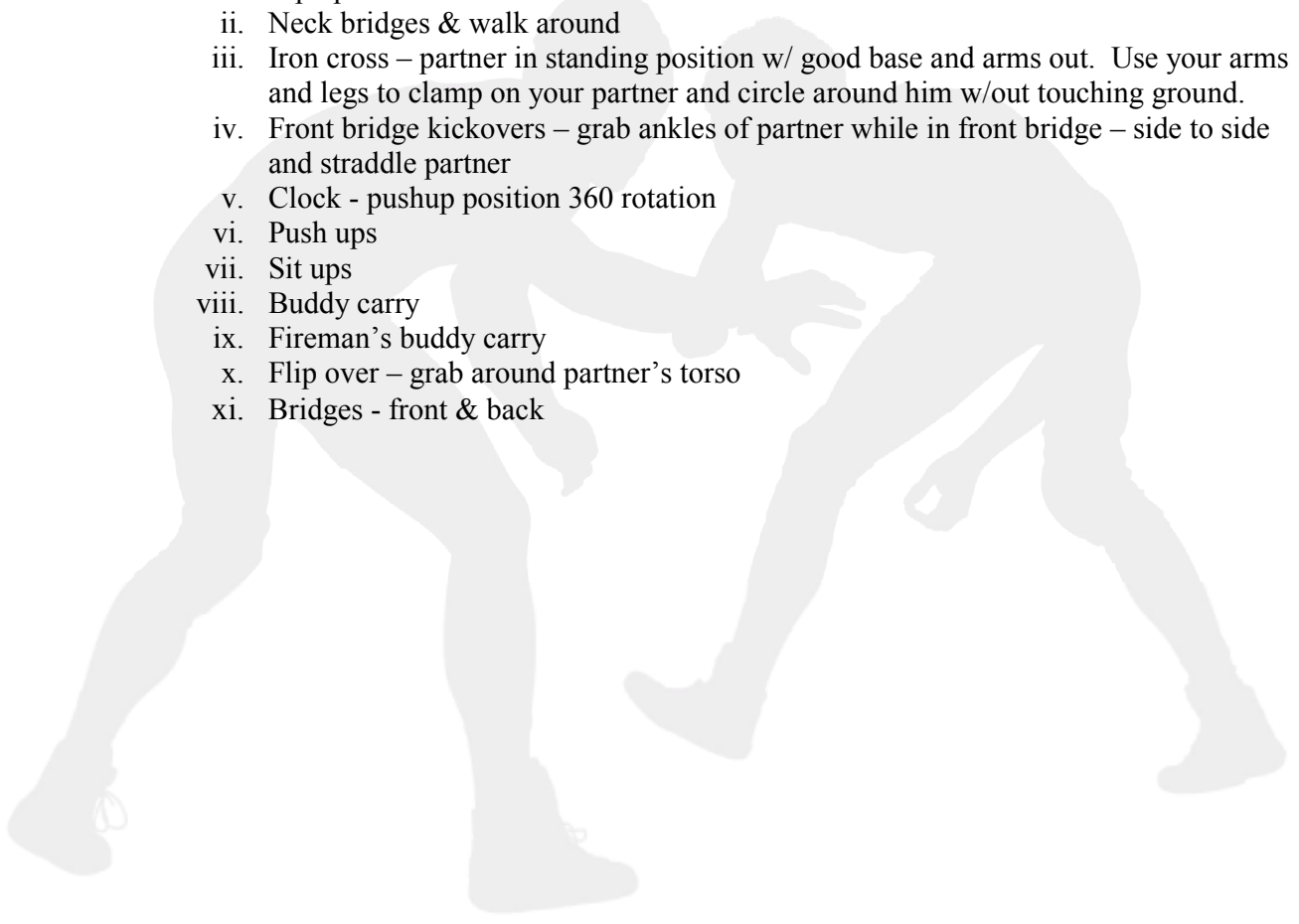
## USA Wrestling's Core Curriculum Level 1 Folkstyle

### e. Skills Based Activities

- i. Stance & motion – downblocks & sprawls
- ii. Scramble to stance – flat on back – on signal have them get to their feet in good position.
- iii. Mirror drill – both wrestlers in stance and mirror each other's movement.
- iv. Limbo level change – use broom stick and have partner level change under and penetrate
  - v. Jolt drill – pop partner's outstretched arms and penetrate to torso with inside step.
  - vi. Stand up returns – partner stands up and you return them to the mat
  - vii. Back step summersault – execute backstep & then lower level and execute explosive roll back to feet
- viii. Cricket & wicket
- ix. Spin drill (hands behind back; chest on back; switch directions)
  - x. Crawl under and arch-overs
  - xi. Wall walk – working on back arch
  - xii. Back Arch – grab partner's hand

### f. Strength Based Drills (scatter & partner)

- i. Tip up – knees to elbows – balance on hands
- ii. Neck bridges & walk around
- iii. Iron cross – partner in standing position w/ good base and arms out. Use your arms and legs to clamp on your partner and circle around him w/out touching ground.
- iv. Front bridge kickovers – grab ankles of partner while in front bridge – side to side and straddle partner
  - v. Clock - pushup position 360 rotation
  - vi. Push ups
  - vii. Sit ups
  - viii. Buddy carry
  - ix. Fireman's buddy carry
  - x. Flip over – grab around partner's torso
  - xi. Bridges - front & back





# Drills & Activities

## USA Wrestling's Core Curriculum Level 1 Folkstyle

### 2) Wrestling Specific Games

- a. Switcher
  - i. All fours – side by side – facing opposite directions – inside arm reaches inside nearest thigh. Start on signal.
- b. Wrestler's Handshake
  - i. Grab each other at the forearm – try to grab opposite hip and gain control
- c. Caged-Up
  - i. Groups of six – five form circle locking around one another's back – wrestler inside the cage uses stance and motion to fight through gaps
- d. Coiled Spring
  - i. Start with single leg – attack to finish – bottom wrestler works to strong position to use coiled spring position to execute stand-up.
- e. Bull Riding
  - i. Bottom wrestler moves around – can come to hands & feet. Changes direction by crawling and spinning. Top wrestler can't lock hands or grasp clothing.
- f. Fox Tail
  - i. Pull sock or shirt from back of partner's shorts
- g. Spinning Bear
  - i. Pair wrestlers – one in bear crawl position with other in front on feet. Have standing wrestler place hands on the shoulders of down wrestler. Have the defender keep the attacker from getting behind them.
- h. Crack the Whip
  - i. Grab ankle of wrestler – on signal the defender attempts to escape ankle lace.
- i. Bone Fight
  - i. They have towel between them – hold on with one hand – working to stay in solid stance on feet
- j. Face-Off
  - i. Bottom wrestler kneels with hands on mat by his or her side – top wrestler kneels behind and underhooks the arms. On signal bottom wrestler battles away from arms.
- k. Flopping Fish
  - i. Wrestlers lay on backs, head to head, and feet to feet. On signal they work to gain control of opponent
- l. Cricket & Wicket
  - i. Neutral position – one shoots through others legs – turns around and does leapfrog back over partner
- m. Sneaky Snap
  - i. Collar tie & opposite arm – on signal attacker moves and tries to snap and create angles on defender. Defender cannot use hands for balance or to shoot n attacker
- n. Whizzer
  - i. Bottom starting position – gain control of other wrestler
- o. Log Lift / Reverse lift
  - i. Reverse lift position – lift opponent off the mat without tripping



# Drills & Activities

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- p. Stuck in Mud
  - i. One knee on mat – other foot in front. Attacker is behind holding ankle. On signal the defender puts weight back on shoulder of attacker to keep them from gaining control of other leg.
- q. Turk Step Chase
  - i. Bottom wrestler tries to crawl out of turk position – top wrestler looks to secure near fall points.
- r. Switcheroo
  - i. Arms are in over and under position – try to knock each other down without breaking the grip
- s. Toe Tackle
  - i. Neutral position – hands on shoulders – try to take each other down with legs and feet
- t. Toe Tag
  - i. Grab each others hands – trying to step on each others foot – keep score
  - ii. Same game except attack feet with hands
- u. Spider Fight
  - i. Back arch position with hands and feet on mat – on signal try to knock each other down
- v. Sock Game
  - i. Remove shoes and have wrestlers try to take socks off of others players
- w. Log rolls
  - i. Three people to group – two on outside jumping over and rolling towards the person on the other side

### 3) Live Wrestling Activities

- a. One on one – minimal w/younger ages during practice
- b. Shark Bait
  - i. Groups of four to five. One person stays in middle while others feed in after a specified time. Number yourselves 1-5.
- c. Group of 3
  - i. Three person rotations with each person staying out two goes. Number yourselves 1-3.
- d. Situation wrestling
  - i. The coach will define a starting position and then have the wrestlers go live on the signal. Helps to put wrestlers in a predetermined position and then learn to wrestle from that point.
- e. Circle Par Terre / Referees Position
  - i. Group according to size (max 10 lb w/novice)
  - ii. Make group as big as you want
  - iii. Have facing outside of circle – creates movement away from one another



# Drills & Activities

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## USA Wrestling's Core Curriculum

### Level 1 Folkstyle

#### 4) Games

- a. Power ball
  - i. Get a taped up towel or t-shirt for the ball.
  - ii. Play length & width of room – two steps max – pass to teammate
  - iii. Ball hits floor – goes to other team
  - iv. Goal is scored by touching ball to designated goal area
- b. Soccer
- c. Speed Ball
  - i. Played feet – three steps only. Touchdown scored by teammate catching ball in end zone
- d. Norske Ball
  - i. Played on knees – two teams. Goal is garbage can – ball that hits the can is worth one point – ball that goes in is worth two points
- e. Quarter Deck
  - i. Three decks – quarter, main, and poop. Coach announces what deck to be on – last one there is out. Tests wrestlers' listening skills as well
- f. Knee Tag
  - i. Neutral position – move around and tag the inside of partner's knees
- g. Sharks & minnows
  - i. Two teams – try to get other team members to your side
- h. Rescue Mission
  - i. Four person groups – relay race to see who can get the other three teammates to a point on the mat
- i. Relay races
  - i. Wheel barrel, crab walk, walking on hands, running on knees, etc.
- j. Chicken
  - i. Stand on one foot and try to knock each other over or make them lose hold on their foot.
- k. Oregon Kings
  - i. Two teams – pick a king for each team (not announced) – team up and pin opponents team members – king can come to feet and flee – when king is pinned that team loses

