

WISCONSIN NATIONAL TEAM DAILY PRACTICE PLAN - FREESTYLE

PRIORITY PRACTICE AREAS

5 min: Agility, speed and tumbling (for warm-up)

3 min: Drilling light hand fighting – alternate gaining an advantage/control ties

2 min: hand fight sparring (50-60% live)

2 min (1 min each): hand fighting to a snatch leg attack (without touching knees to mat)

2 min (1 min each): hand fighting to a single leg attack (penetration with knees to mat)

2 min (1 min each): hand fighting to a single leg attack with finish

2 min (1 min each): hand fighting to a single leg attack with finish AND transition to a turn

2 min: go under his arms, around his arms, pass his arms (elbow pass, drag, duck, etc.)

2 min: control opponent's arms (2-on-1, underhook, wrist control, etc.)

2 min (1 min each): shot defense – stop the attack with the hands, don't let him touch your legs

2 min (1 min each): shot defense – sprawl/stuff the head/legs back shot defense (no score)

2 min (1 min each): shot defense – simple scores (go behind, snap/spin, etc.)

2 min (1 min each): shot defense – two-point scores (rolls, crotch lifts, chest locks, etc.)

2 min (1 min each): shot defense – transition to Front Head Lock (FHL) scores

1 min: offense/defense live (neutral)

1 min: offense/defense live (neutral plus par terre)

2 min (1 min each): FHL offense (mechanics)

2 min (1 min each): FHL defense (mechanics)

2 min (1 min each): FHL sparring (50-60%)

2 min (1 min each) x 2: FHL live

1 min: 50/50 positions (each man has an ankle, body lock, etc.)

4 min (2 min each): gut wrench offense (handle + lock + foot work + turn)

4 min (2 min each): leg laces

4 min (2 min each): legs in

4 min (2 min each): par terre defense (attack handle, attack lock, move lock, control triangle, swim)

LIVE WRESTLING OPTIONS

1-3 matches (2 min + 30 sec x 3)

Par Terre Circles – 30 seconds rotating with a group

Combat Snatches – 3-5 min live to snatches (no finishes)

SECONDARY PRACTICE POSITIONS

Shot/re-shot

Push outs

Single leg push outs
Whizzer (side-to-side)
Over-Under (dance position)/Body Lock
Tripod
Crackdown
3-point scores
Shot recovery (peak out, re-shot, etc.)
Clinch – offense/defense