

2014 Team Virginia Freestyle Practice Outline Summary

This outline is consistent with how we structure the Patriot Elite Regional Training Center practices

Warm up (10-15 Minutes)

Examples

- ☐ Jogging- 3-9 minutes of jogging while warming up.
- ☐ Calisthenics- skipping, hopping inside, hopping outside, high knees, touch your heels, leg kicks, squats, jump up touch the ceiling, push ups, sit ups.. etc.. usually in 1 set up 10-12 while warming up.
- ☐ Tumbling- forward rolls, backward rolls, dive rolls, shoulder rolls, cartwheels, front flips, back flips, back handsprings, round offs, round off backflips, walking on hands, crab walks, bear crawls.
- ☐ Stance, Motion, Shots.
- ☐ Finish up with a few sprints to get the body warm.

Drill

- ☐ 10-15 minutes
- ☐ Review technique from previous practices.
- ☐ Focus on good stance. Create angles with your hands and feet moving.
- ☐ Make every drill shot count. This is a time to practice perfect technique while warming up.
- ☐ Push pull, elevation change, penetration shot, and perfect finish. Practice controlling the opponent all the way through the mat. Do not be lazy on finishes. Muscle memory is key.

Technique

- ☐ 20-30 minutes (more for high school and youth ages). Adjust technique to how long you will run your practice and the audience you have.
- ☐ Try to stick with one level of technique. EX.. If working on feet stay on feet, if working on top-bottom, work just top-bottom.
- ☐ Try and limit technique to 2-4 moves or variations of moves per practice.
- ☐ Work to keep the teaching of technique simple.

Live Wrestling

- ☐ Live wrestling should vary depending on what you are training for
- ☐ Within a couple weeks of competition
 - Wrestle matches- 2-4 matches per practice, short situational goes- 20-30 seconds at a time. Ex..2 doubles- both sides-both partners, 2 singles- both sides-both partners, 2- hi c's both sides-both partners, Top-bottom, partier start, high gut, low gut, mid level gut, start with and without locks. Leg lace, crotch lift, etc.. try and get in as many situations as you can as you feel your wrestlers will be put in during competition. Situations should vary between 3 minutes- 10 minutes of live wrestling time.
 - Short wrestling periods are great for peaking. Time periods less then a minute. 1 minute, 45 seconds, 30 seconds, 20 seconds, 15 seconds. Keep them short and intense. Make both wrestlers work. Put one wrestler up by 1 point and the other down by 1 point. Mix up situations to keep the wrestlers engaged. Attack the scoreboard in short goes, constant action and motion.

Live Wrestling Continued

- Outside of two weeks before competition
 - Longer periods of 2 minutes or more. Continual wrestling, wrestle long enough to get your athletes tired and then keep them wrestling to teach them to compete when their muscles are fatigued.
 - For high school kids- 3-5 6-minute wrestling periods is a good live wrestling session.
 - For middle school shorten the time down to 2:00-3:00 minute periods. **Youth ages do not need to wrestle long periods-** for youth find a happy medium of what works to keep them interested in what you are doing. I have always found it beneficial to keep elementary ages less than 1-minute periods.
 - Push your athlete's limits and conditioning when not within 8 days of competition.

More Live wrestling examples

- Shark Bait
 - Groups of four to five. One person stays in middle while others feed in after a specified time. Number yourselves 1-5.
- Group of 3
 - Three person rotations with each person staying out two goes. Number yourselves 1-3.

Freestyle wrestling is short burst of wrestling within a 1:30-3 minute periods depending on the age group. You should do your best to train your athletes during practice for that type of wrestling. That is why short situations and periods mixed with long periods are essential to the growth of athletes in freestyle competition.

Conditioning/Games

- Finish with 4-8 hard minutes of conditioning.
- Get creative with conditioning drills, runs, lifts, stance motion etc..
- Medium to hard drilling is great conditioning and a good time to review the technique you are covering.

Finish with a wrestling specific game. (The right game can substitute for conditioning)

Most importantly remember to have **FUN** during practice!!