

Intermediate Level Curriculum

Feet offense (In addition to everything in beginner):

1. Elbow pass
 - Clearing elbow with elbow pass drill
 - Snatch single from elbow pass
 - High crotch when opponent turns back in
2. Russian 2 on 1:
 - Securing Russian from wrist control
 - Securing Russian when opponent has a collar tie
 - Russian to a go behind
 - Russian to a single
 - Russian to a fireman's when he turns back in
3. Throw by
 - Clearing collar tie with throw by technique to a go behind -especially when opponent is pushing into you
4. Wrist control to an arm drag
 - Arm drag double
 - Arm drag inside trip
5. Under hook set ups
 - Securing under hook by snapping opponents head down-sliding under hook in as he comes back up
 - Under hook throw by
 - Under hood single
 - Under hook high crotch
 - Secure second under hook to a body lock -hip bump lift to mat
 - Pummeling to fend off two under hooks or trying to secure two under hooks
 - High dive to two under hooks
6. Fireman carry
 - From high and tight hand position near the upper triceps (not lower towards the elbow)
 - Set up by making him step using to inside ties (hand on upper triceps) or collar tie
 - Fake single and fireman's as he steps back and leaves one leg forward
 - Opponent sprawls-keep the arm and finish with a knee block inside leg or go to outside leg, continue to circle and dump
7. High crotch
 - Same basic set ups as level 1
 - Opponent blocks elbow when trying to switch to double-run the pipe finish
 - Opponent blocks elbow-lift opponent off mat and then switch over

- Knee slide and building back up when opponent sprawls
8. Single leg
 - Head on penetration or snatch single
 - Finish with running the pipe
 - Switch over the to a double
 - Bring leg high across chest and trip
 - Bring leg high on the outside and trip
 - Shoulder roll down when he defends well
 - Finish from a double behind the opponent after a sweep penetration
 - Finish with a snake single on bottom
 - Submarine finish when opponent sprawls
 - Peek out when opponent sprawls and is behind the pits
 - Knee slide double to opposite side when unable to build back up (opponent heavy on one side)
 - Limp arm through when opponent throws whizzer in
 9. Double leg
 - Same basic set ups as level one
 - Knee slide build up when opponent sprawls
 - 5-6 steps driving across to finish
 - Peek out when opponent sprawls and hands are behind the pits
 10. Ankle picks
 - From a collar tie
 - Attack with hand on that's on the triceps
 - Attack either foot depending on which side opponent steps
 11. Front head lock
 - Post arm and go behind
 - Cow catcher
 - Near side cradle
 - Traditional and near side cradle finish
 - Shuck by either side using opponent's momentum

***wrestlers at this level should be chain wrestling better switching to different finishes

Feet defense

1. Same as level one: pop and post, down block and sprawl
2. Whizzers when opponent has a single
3. Using whizzer position after sprawling and positioning hips correct off of high crotch or double

4. Front quarter half with whizzer
5. Using hips effectively and stopping opponent from turning corner
6. Scissoring legs and getting the legs back behind us when opponent has us on our butt
7. Defending front head lock with two hand on the elbow circling to a drag out or circling to a feet and drag out to a Russian two on one

Bottom

1. Same basics as level one-base building, inside/outside stand up, turn in, switch
2. Outside stand up to grandby roll
3. More chain wrestling off bottom-constant transition for stand ups>sitting out> switch> turn > grandby
4. Standing switch
5. Defending/clearing two on one
6. Defending half-don't reach up
7. Defending arm bar once opponent puts it in-grab your own wrist, hip/shoulder down and pull/throw your hand back in front
8. Hook shot through from a sit out when opponent reaches over or hangs his head over

Top

1. Same basic break downs as level 1
2. Spiral ride-inside the elbow, claw, half spiral
3. Use spiral to get wrist control
4. Driving opponent over his wrist -securing arm bar or half with wrist control on one side (key lock)
5. Arm bar series
 - Prying the wrist out into an arm bar
 - Finish arm bar running around head and hooking shoulder or keeping far arm wrist
 - Arm bar post
 - Double arm bar
 - Arm bar half stack
6. Two on one to a cheap tilt and tow on one stack
7. Cross face series
 - Cross face corkscrew
 - Cross face far side cradle
 - Cross face turk
8. Sucking opponent back and transitioning into tripod position when opponent sit out and is leaning to far back
9. Securing a far side cradle when opponent brings his head to his knee on a stand up
10. Return opponents to the mat hip bump and lift to mat, rocking chair, lifting from the crotch

Key drills

- Stance motion-given at home for home work
- Stand up drill on wall-given at home for homework
- Bear/crap hip heist drill
- Bear crawl to a knee slide
- Shot/ re-shot off of our own shots
- Shot/re-shot off of opponents shot
- Pummeling drill
- 30 second gos-1st one with double under wins
- Hand fighting drill
- Peak out drill
- Push back drill
- Grandby roll over shoulders without partner and with partner-can do at home for home work
- Short sit turn in without partner -more explosive in intermediate level and can be done at home for homework
- Building up off bottom-knee slide to create space
- Spin drill
- Half hop hop -don't reach up to grab hand-focus on elbow down and looking away then fight hands without reaching up
- Tumbling drills are always good for warm ups-should be trying diving rolls, front hand springs or front head springs at this stage as well.
- Under over drill

Conditioning:

Combining live wrestling with 10-15 minutes of variations of these exercises (short active rest breaks in between -jogging or bouncing) intervals of 30-60 second higher intensity intervals with active 30-60 second rest breaks. Start with 30sec go /30-60 sec ratios at the start of season and work toward 60 second gos and 30 second rest breaks as the wrestlers are more conditioned. Be creative and mix some of your drills into the conditioning.

- Push ups
- Sit ups
- Up downs
- Burpees
- Sprints
- Monkey rolls
- Hand stand push ups with partner or against the wall
- Pyramid -starting at 20 and working down to 5 with 3-4 different exercises
- Sprint/jog intervals

Games:

(good suggestions that I like but there are a ton more on USA wrestling)

- Toe tag
- Summo push out or snap down
- Hand fighting drill for points for securing a snatch single, front head lock, Russian 2 on 1, under hook, double under hook, or go behind
- Take down tournament
- Relay races
- Sharks and minnows
- Tug of war with rolled up towel

