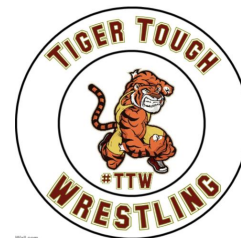


Pk-6th Grade Tiger Wrestling Curriculum



Pk-K

Program Keys:

- In all positions we want wrist/hand control
- Good tempo in all position (keep moving)
- Build quickness & agility
- Aggressive & attacking, looking to score at all times

The basics of wrestling

Agility (In Lines..Exercise Down/Jog Back)

- Long Jumps
- Forward Somersault
- Backward Somersault
- Cartwheel
- Bear Crawl
- Backward Bear Crawl
- Army Crawl
- Crab Walk
- Penetration Step

1. Neutral Position Basics

- a. Stance
- b. Motion
- c. Sprawl
- d. Penetration Step
- e. T-Drill
- f. Limbo Level Change Drill

2. Neutral Position Offense

- a. Set-ups / Tie Up Controls
 - Wrists
- b. Takedowns
 - Double leg

3. Counter Offense

- a. Lines of Defense
- b. Sprawl
 - Go-Behind
 - Spin Drill

4. Bottom Position

- a. Basic Positioning;
 - Base Build Drill
 - Base Hold Drill
- b. Stand up
 - Individual Wall Drill
 - Stand Up Pop Drill
- e. Bridging
 - Bridging Front & Back

5. Top Position

- a. Basics
 - Starting Position
- b. Bump & Chop Breakdown
 - Breakdown Drill
 - Half Nelson
 - Half Defense

Pk-6th Grade Tiger Wrestling Curriculum



1st - 4th Grade

Program Keys:

- In all positions we want wrist/hand control
- Good tempo in all position (keep moving)
- Build quickness & agility
- Aggressive & attacking, looking to score at all times

The basics of wrestling

Agility (In Lines..Exercise Down/Jog Back)

- Long Jumps
- Forward Somersault
- Backward Somersault
- Cartwheel
- Bear Crawl
- Backward Bear Crawl
- Army Crawl
- Crab Walk
- Penetration Step

Quick Feet (Over a Line)

-Quick Feet Drills

1. Neutral Position Basics

- Stance
- Motion
 - Shoot, Sprawl, Circle Rt, Circle Lft, Touch the mat
- Penetration Step
- T-Drill
- Circle Shuffle Drill
- Limbo Level Change Drill
- Level Change Leapfrog

2. Neutral Position Offense

- Set-ups / Tie Up Controls
 - Wrists
 - Collar Tie
 - Push/Pull
- Takedowns
 - Double leg
 - Snatch Single Leg

- Snap Down
 - Snap Down Drill
- Stalled Shot Finishes
 - Single Finish
- Headlock
 - Headlock Defense

3. Counter Offense

- Lines of Defense
- Sprawl
 - Stuff Head to Crossface
 - Front Headlock
 - Go-Behind
 - Whip Over
 - Spin Drill

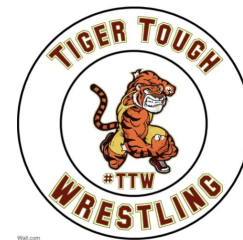
4. Bottom Position

- Basic Positioning;
 - Base Build Drill
 - Base Hold Drill
- Stand up
 - Individual Wall Drill
 - Stand Up Pop Drill
- Switch
- Sit Out
 - Center of Gravity Drill
 - Hip Heist Drill
 - Sit Out & Roll
- Bridging
 - Bridging Front & Back

5. Top Position

- Basics
 - Starting Position
- Bump & Chop Breakdown
 - Breakdown Drill
 - Half Nelson
 - Bale Opponent (Base Position)
 - Half Defense
 - Cross Face
 - Cradle
 - Barbed Wire
 - Cross Face Defense

Pk-6th Grade Tiger Wrestling Curriculum



- Top Pressure Drill

6. Conditioning

- [Monkey Rolls](#)
- [Up/Downs](#)
- [Burpees](#)

5th - 8th Grade

Program Keys:

- In all positions we want wrist/hand control
- Good tempo in all position
- Build quickness
- Aggressive & attacking at all times

[The basics of wrestling](#)

[Agility \(In Lines..Exercise Down/Jog Back\)](#)

- Long Jumps
- Forward Somersault
- Backward Somersault
- Cartwheel
- Bear Crawl
- Backward Bear Crawl
- Army Crawl
- Crab Walk
- [Penetration Step](#)

[Quick Feet \(Over a Line\)](#)

[-Quick Feet Drills](#)

1. Neutral Position Basics

- [Stance](#)
- [Motion](#)
 - Shoot, [Sprawl](#), Circle Rt, Circle Lft, Touch the mat
- [Penetration Step](#)
- T-Drill
- [Circle Shuffle Drill](#)
- [Limbo Level Change Drill](#)
- [Level Change Leapfrog](#)

2. Neutral Position Offense

- Set-ups / Tie Up Controls
 - [Wrists](#)
 - [Collar Tie](#)

- [Push/Pull](#)

b. Takedowns

- [Double leg](#)
- [Hi-Crotch Double](#)
- [Snatch Single Leg](#)
- [Snap Down](#)
 - [Snap Down Drill](#)
- [Fireman's Carry](#)
 - [Kelly Finish](#)
- Stalled Shot Finishes
 - [Single Finish](#)
- [Headlock](#)
 - [Headlock Defense](#)

3. Counter Offense

a. [Lines of Defense](#)

b. Sprawl

- [Stuff Head to Crossface](#)
- [Front Headlock](#)
 - [Go-Behind](#)
 - [Whip Over](#)
 - [Near Side Cradle](#)
 - [Shuck](#)
- [Spin Drill](#)

4. Bottom Position

a. Basic Positioning;

- [Base Build Drill](#)
- [Base Hold Drill](#)
- [Clearing Wrists Drill](#)

b. [Stand up](#)

- [Individual Wall Drill](#)
- [Stand Up Pop Drill](#)
- [Tripod Stand Up](#)

c. [Switch](#)

d. [Sit Out](#)

- [Center of Gravity Drill](#)
- [Hip Heist Drill](#)
- [Sit Out & Roll](#)

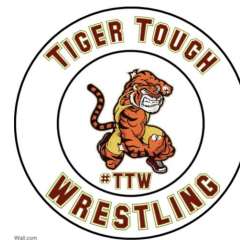
e. [Bridging](#)

- [Bridging Front & Back](#)

f. Rolls

- [Granby](#)
- [Wrist Roll](#) — Granby/Waist

Pk-6th Grade Tiger Wrestling Curriculum



- [Roll Defense](#)

Continued on the next page...

5. Top Position

a. Basics

- [Starting Position](#)

b. [Bump & Chop Breakdown](#)

- [Breakdown Drill](#)

c. [Spiral Breakdown](#)

- [Half Nelson](#)

- [Half Defense](#)

- Cross Face

- [Cradle](#)

- [Barbed Wire](#)

- Cross Face Defense

- Top Pressure Drill

- [Arm Bar](#)

- [Deep Six Tilt](#)

- [Head Lever](#)

- Hammerlock

- [Head/Arm Scoop](#)

c. Mat Returns

- [Back Trip Return](#)

- [Lift Return](#)