



Wrestler name _____

Burlington Wrestling Beginner

		Pass	More work needed
(Feet) Proper stance, movement.			
1	Demonstrate Proper Stance and Movement (forward, back, sideways)		
Set-ups (beat the hands)			
2	Demonstrate a "Post set-up" when opponent reaches for you catch arms under elbows, lower level		
3	Demonstrate "wrist control set-up" Option 1: pull wrists apart, penetration step. Option 2: snap wrists straight down, as he pulls back up, penetration step.		
(Leg attacks) Takedowns			
4	Demonstrate a Good Single Leg Dump - Snatch or lower level sweep. Head bump to backstep dump.		
5	Demonstrate a Double leg takedown - Lower level, penetration step between legs, head outside, finish behind.		
Takedown counters			
7	Demonstrate your sprawl skills kick feet back, land with your weight on opponent, Your chest on his shoulders, spin behind)		
(Bottom Position) Escapes and Reversals			
9	Demonstrate good bottom base (Butt all the way down, head up, weight off hands.)		
10	Demonstrate Stand-Up (Get 4-finger control, drive back, head and shoulders up, post inside foot, push back to feet, push opponents hand to your hip, back step out, finish in stance)		
11	Demonstrate the Counter from a 1/2 Nelson (head look up and away from half, post hand on mat, push your head away & up)		
12	Demonstrate Belly to Base (bring opposite knee up, pivot over knee back to base)		
13	Demonstrate Bridging (post feet on mat, arch on feet & top of head, hip hoist to belly/knees)		
(Top Position) Breakdowns and Rides			
14	Demonstrate good Top base (right leg behind opponents butt, left knee down by ankle, left hand on opponents elbow, last- right hand on belly button		r
15	Demonstrate Far Knee/far Ankle breakdown (move belly hand to ankle, move elbow hand to knee, drive sideways with chest, collapsing the hips, ideally finish to 1/2 nelson)		
17	Demonstrate Jam to Chop Breakdown		
18	Demonstrate Counter to Stand-Up (lift/return to mat) Lock/Unlock hands.		
19	Demonstrate breakdown to Belly, then to 1/2 Nelson (elbow deep)		
Rules			
20	Demonstrate Locked Hands, and explain that it's a penalty		
21	Demonstrate Full Nelson, and explain it's a penalty		

For videos and to learn more visit: https://www.usawmembership.com/usa_wrestling_core_curriculum

Day 11, 12

Breakdown to Half Nelson:

1. Belly to far knee and other hand far ankle
2. Drive with chest and feet (partner, stay on belly!)
3. Stay on the side and punch through stinky armpit, drive with chest using feet, elbow behind head otherwise rev. (if noodle arm)

*Bottom guy try to get away (arch and punch to belly)

*Try this - Instead of belly to far knee to belly to far neck (the claw); Instead of far knee do near knee

Stand up:

1. Step up
 2. Pivot push back and get hands
 3. Put in pocket turn in
- *He stands, we dump to double (not today)

Double Leg Takedown:

1. Penetration step and drive through
 2. Lift and chop head push
 3. Finish with a half nelson
- *If head down pick leg and rotate (Single down)
- *If head on side just turn corner (Turn Corner)

Single leg - dump to double:

1. If you dump and he falls over cover look half
2. If you dump and he doesn't fall over head outside double

Defending a shot:

1. Sprawl
2. Push Head/Arms down
3. Spin Behind breakdown/half

Live match:

Neutral

Referee position

Double on

(New Partner)

Day 10

Breakdown to Half Nelson

1. Belly to far knee and other hand far ankle
 2. Drive with chest (partner, stay on belly!)
 3. Stay on the side and punch through stinky armpit, drive with chest using feet, elbow behind head otherwise rev.
- Bottom guy try to get away (arch and punch to belly)

Double Leg Takedown

1. Penetration step and drive through
2. Lift and chop head push
3. Finish with a breakdown/half nelson

Sprawl Spin Behind breakdown/half

Stand up

Mat Return or single to dump

Live situations

Double on

Referee position

Straight live

Day 9

How'd we do at Parkside?

Daily

Breakdown Half Nelson

Takedown to Half Nelson

Stand up

Mat Return

Game is a match

Day 8

Coach Sietz will be at UW-Parkside to help out you kids this saturday.

Next week Intermediate/Advanced starts on Tuesday and Wednesday. Wednesday will be with beginners so plan on attending a more intense, faster paced practice if you choose to come. The following week is our last week of beginners practice. All wrestlers who continue onto the Intermediate/Advanced practices will continue their season on Tuesday and Wednesdays 6-7:30.

Double Leg

Sprawl and Spin

add breakdown half

Single Leg Bump to dump

Stand up

Mat Return

Day 7

Double Leg takedown set-ups

- wrist set-up

Top Position

- Correct starting position
- far ankle/far knee break down
- Rev. or Reg. half Nelson

Bottom Position

- Stand up solo
- Stand up

Day 6

Wednesday during Thanksgiving break

Review day?

Day 5

Line Drills - add referee's position to forward rolls

Stance and Move Drill - add stand ups

Double Leg TD

Sprawl on partner and spin

LIVE

Sharks and minnow but have to be on a knee; Knee sliding

Day 4

Double Leg TD

Spin Drill

Dodgeball

Day 3

Double leg

Red Light Green Light

Day 2

4 Stations

1. Stance and Move/Drill
2. Shot/Penetration Step
3. Referee position and Stand up (Step up, pivot, cut to stance)
4. Top Starting position; Far knee/far ankle breakdown

Red Light Green Light

Day 1

Announcements/Introductions

Daily Drills