

USA Wrestling's 7 Basic Skills Study Guide

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<https://youtu.be/WBx7rGnn8po>

(Total video play time 59:14)



0:00-3:40 Highlight Clips

3:40-4:57 Make Your Own Luck Concepts for an Ever Evolving Sport

4:57-10:33 **Skill 1 of 7 Position:**
(5 Key Positions: Head Up, Back Straight, Hips In, Knees Off the Mat and Toe Pressure)

What are the 2 basic stances?

1. _____ (staggered)

Wide foot _____ (spread)

Legs are _____ and coiled (bent)

Hands are _____ (forward) and elbows are ____ (in)

Chest is forward over the _____ (knee)

Head is __ (up)

2. _____ (square)

Wide _____ (base)

Legs are bent and hips are _____ (dropped) creating a power angle

Hands are _____ (forward) and elbows are ____ (in)

Chest is not as forward over the knee as the _____ (staggered) stance

Head is __ (up)

A strong stance is the _____ (foundation) for successful takedowns

10:33-12:36 Drills for Stance & Position

1. Scramble to a Stance Drill (10:39-11:18)
 - a. Builds strength early in the season
 - b. Start flat
 - c. Fight top man's pressure
 - d. Return to a solid stance
2. Scramble to a Base Drill (11:18-11:36)

- a. Wrestler A starts flat on his/her back
 - b. Opponent tries to hold him/her on their back
 - c. Wrestler A scrambles (with bridging) and returns to a strong base
3. Push Back Drill (11:37-11:57)
- a. Used to teach fighting for hand control
 - b. Bottom wrestler creates back pressure
 - c. Bottom wrestler fights for inside hand control
4. Scramble to Control Drill (11:59-12:13)
- a. Starting position is one wrestler on his/her back and the other standing and applying pressure to the down wrestler's back
 - b. On the whistle, the top wrestler must quickly circle and move to top position
5. Get Set Drills – Arm Chop (12:14-12:36)
- a. Starting in referee's position
 - b. Use the whistle to practice reaction time
 - c. Top man chops the near arm
 - d. Top man uses the back knee to jam the opponent's butt forward
 - e. Repeat the drill – start from each side

12:42-15:52 **Skill 2 of 7 Motion:**

Power is the result of _____ (strength) and _____ (mobility)

To move effectively, athletes must be able to _____ (circle) to both sides, adjust _____ (laterally) and move _____ (into) and _____ (away) from an opponent while holding strong position.

Two common methods of moving in a defensive posture are a _____ (down) block and a _____ (cross) block.

- a. Drop a hand to obstruct the opponent's path to his/her leg
- b. Send our leg back and up to avoid the opponent's attack
- c. Maintain balance on the opposite foot and look to circle

15:52-20:18 **Bottom Motion**

3 Key areas to move from:

- 1. Back to Belly
 - a. Get to a bridge
 - b. Work an arm to and through his chest
 - c. Roll into or away from the opponent based on the arm you can push through
- 2. Belly to Base – Base Building Technique from World Champion Bill Zadick at this link - <http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2015/02/05/RefereesBottomBaseBuildingmp4?channel=VhbnE2c zpY4I64YBRDvu6TB5Vcqevfd5>
 - a. Clear arms first

- i. Windmill
 - ii. Walking hands out
 - iii. Peeling hands
 - b. Keep head up
 - c. Build base by bringing the outside knee up to our side
 - d. Knee slide to a solid base
 - e. Apply back pressure
- 3. Starting Position/Base to Feet (Referee's Position)
 - a. Most common bottom move is the _____ - ____ (stand-up)
 - b. Drill hip heist drills (sit-out, switch, etc...)

20:18-21:14 Top Motion

Constant motion keeps the top man in better _____ (control)

Top motion (break downs) includes:

- a. Arm Chop
- b. Far Knee, Far Ankle
- c. Near Knee, Far Ankle
- d. Near Knee, Near Ankle
- e. Spiral Ride
- f. Leg Riding

Chest _____ (pressure) and leg drive are key components to successful top wrestling.

21:14-23:11 Drills for Motion (Click this link for more agility skill drills with 2X Olympian, Ahad Javanselehi - <https://youtu.be/y364QNcy4Eo>)

A great way to develop motion skills is to practice foot-work using _____ (hopping) and _____ (jumping) drills.

23:11-23:48 Stalking from a Square Stance

Wrestler A works from a square stance to close the gap with the opponent by placing his/her forehead to the opponent's chest.

23:48-24:21 Hip-Heist Drill

- a. The bottom wrestler gains inside hand control as he/she comes up to standing
- b. Isolate one of the top man's hands and lock it away from our hips
- c. Create distance between our hips and our opponent's hips as we use back pressure from our head/shoulders to create space
- d. Explode away from your opponent in a hip heisting motion
- e. Circle back to your feet to look for offensive or counter offensive opportunities

24:21-24:53 Pressure Down Drill for Stand Ups

- a. Standing wrestler applies pressure to the bottom wrestler who is laying flat on his/her stomach
- b. Bottom wrestler builds from Belly to Base (as above in the Bottom Motion Drills - 15:52-20:18)

24:53-25:38 Neutral Defense – Performance Motions

Down block and cross block drills can be performed against an opponent who simulates an attack by reaching for singles or high crotches

25:42-28:14 **Skill 3 of 7 Level Change:**

A wrestler's shot often fails because of an improperly executed _____ (level) change.

A well executed level change includes:

- a. Dropping hips
- b. Bending Knees in a vertical plain
- c. Penetration (next skill – 4 of 7)
- d. Change level up and through the opponent at a 45 degree angle

Review 5 Key Positions: Head Up, Back Straight, Hips In, Knees Off the Mat, Toe Pressure

28:15-XX Level Change Drills

28:23-29:50 Up and Through – High Crotch, Double & Single

- a. Wrestler A assumes a low level position
 - a. Head Up
 - b. Back Straight
 - c. Trail Leg Up
- b. Opponent shuffles into him/her in a square stance
- c. Wrestler A drives up and through the opponent
 - a. Used for High-Crotch (first clip 28:23-28:50)
 - b. Double Leg (28:51-29:21)
 - c. Single Leg (29:23-29:50)

29:50-30:33 Level Change – Push & Drop

Develops the wrestler's ability to _____ (lower) his/her level while being pressured by the opponent

- a. The opponent aggressively tries to put his/her hands on Wrestler A's shoulders
- b. Wrestler A focuses on changing level past that pressure for a shot in good position

30:36-34:01 **Skill 4 of 7 Penetration:**

Top wrestlers don't just penetrate to their opponent's legs but penetrate _____ (through) the opponent's legs.

Penetrations occur in a variety of ways:

- a. Inside Step – Technique video from World Champ, Bill Zadick at <http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2015/02/06/InsideStepPenetrationflv?channel=E1Mjc3czo1OL5ulrrPfVLgy9VpuRmyaN>
- b. Outside Step – Technique video from Bill Zadick at <http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2015/02/06/OutsideStepPenetrationflv?channel=E1Mjc3czo1OL5ulrrPfVLgy9VpuRmyaN>

34:11-35:01 Penetration Drills

Jolt Drill – For Double and Single Legs (34:11-35:27)

- a. Wrestler A pops the opponent's elbows
- b. Execute a step in penetration
- c. Concentrate on making hard contact with the opponent's upper body
- d. Drill repeatedly to build muscle memory

35:02-36:52 Knee Pound (or Knee Slide) Drill for Singles, Doubles and High Crotches

Designed to properly re-attack an opponent and elevate him/her

36:53-37:23 Run Down Legs Drill

Designed to teach wrestlers to learn the skill of re-shooting after defending an opponent's attack

- a. Opponent starts in a Bear Crawl position
- b. Wrestler A starts in a front head and arm (as if he/she stopped the opponent's shot)
- c. Wrestler A takes a lateral (outside) step to create an attack angle
- d. Use proper penetration to complete a takedown on the opponent

37:24-38:24 Sprint-Out Drill

Same drill as Run Down Legs Drill but in the case the defensive wrestler tries to run away from the attacking opponent once Wrestler A takes the lateral (outside) step.

This drill teaches wrestlers to realize they will have to _____ (adjust) to fast moving targets in order to gain some of the toughest takedowns.

38:27-39:23 High Level Re-Shots

- a. Opponent reaches to simulate a shot
- b. Wrestler A down blocks or cross blocks the opponent's reach
- c. Wrestler A immediately re-attacks the opponent after the block
- d. Note that Wrestler A's defense coils his/her legs to prepare for an explosive shot

39:24-40:55 Sprawl to Shot Drill

Requires wrestlers to develop strong penetration steps after a sprawl on a stationary opponent.

Can be used to develop double legs, single legs and high crotches.

Ensure athletes use proper position before increasing speed and intensity.

40:59-45:03 **Skill 5 of 7 Lifting:**

The best wrestlers finish shots strong by coming up to their feet and power _____ (through) their opponent.

43:34-45:03 Lifting Drills

Reverse Lift Drill (43:38-43:47)

- a. Builds strength for lifting
- b. Partners take turns lifting each other from a reverse lift grip around the opponent's waist
- c. Lift with the legs and hips – avoid bending over at the waist which can over-stress the back and hamstrings
- d. Rotate the opponent in the air and repeat
- e. Opponents can help the lifter by springing a bit with the feet and hands until he/she can perform the lift without help

Lunge Drill (43:48-44:07)

- a. Wrestler A lifts his/her opponent in a Fireman's Carry
- b. Alternate legs by stepping forward in a lunge step
 - a. Keep head up
 - b. Keep back straight
 - c. Step so that the knee stays above the foot and does not extend past the toes of the front foot

Stand Up Mat Return Drill (44:08-44:35)

- a. Starting position is referee's position
- b. Wrestler A is the top wrestler and will perform the lifts
- c. The bottom wrestler executes a solid stand up

- d. Wrestler A steps slightly around to the side of his/her opponent
- e. Wrestler A lowers his/her level to “load” the coil power of his/her legs
- f. As Wrestler A lifts the opponent, he/she will slightly rotate the opponent in the air so that the bottom wrestler lands on his/her base or side
- g. Grips for Wrestler A can be a lock around the opponent’s waist or the back hand can reach through the high thigh from behind as the front hand stays tight to the opponent’s waist.
- h. The bottom wrestler continues to stay in a solid base (coil) throughout the move and immediately pops back up to standing to continue the drill

Peek-Out Drill (44:36-45:03)

- a. Wrestler A starts bent over in either a front head lock or a front chest lock by his/her opponent
- b. Wrestler A bends his/her legs and “peeks” his/her head out from under the opponent and drives the hips forward to good position

45:07-52:35 **Skill 6 of 7 Back Step:**

Used to help take an opponent from his/her feet to their back from neutral or can be used to turn an opponent from par terre (typically in Freestyle or Greco-Roman)

49:50-52:35 Back Step Drills

Dive Roll Drill (49:56-50:35)

- a. Wrestler A (without a partner) practices the motions of a back step repeatedly
 - a. Wrestler A steps one foot forward
 - b. The trail leg steps behind the front foot and makes a “T”
 - c. Wrestler A bends the knees to coil the power in his/her legs
 - d. Wrestler A explodes the hips back (into the imaginary opponent) and leans his/her head and torso forward in a bending motion
 - e. Utilize momentum of the throwing motion to complete the drill with a front roll

Drop and Turn Drill (50:36-51:31)

- a. Wrestler A starts in the standing position with his/her back facing the opponent
- b. Wrestler A leans backward and arches into the opponent’s hands that are locked and ready to catch Wrestler A and his/her weight
- c. The opponent will count out loud, “One – Two” and then releases Wrestler A’s weight
- d. Wrestler A must execute a hip heist maneuver using the back step

Spin and Shot Drill (51:32-52:03)

- a. Wrestler A goes through the motion of an Arm Spin (Throw) – view Arm Spin Technique from Olympian, Ike Anderson, at <http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2015/02/06/OffenseArmThrowflv?channel=h3bDc3czqXjILUZjeSw-CpeQbtxOEizA>
- b. Without completing the Arm Spin for points, Wrestler A immediately recognizes his/her position to execute a high single leg attack

Spin and Go-Behind Drill (52:04-52:14)

- a. This drill is for both wrestlers
- b. Wrestler A executes an Arm Spin but only to the mat
- c. Wrestler B turns his/her arm downward (limp arm) during the Arm Spin to counter the move
- d. Wrestler B then quickly moves to a Go-Behind

Hip Toss Exchange Drill (52:15-52:35)

- a. This drill is for both wrestlers
- b. Both wrestlers lock up an over hook and under hook position from neutral
- c. Wrestler A executes a Hip Toss (without completing the throw)
- d. Each wrestler supports the weight of his/her opponent so that they do not fall during the drill

52:36-57:06 **Skill 7 of 7 Arch and Turn (Back Arch):**

Back Arch and Turn is important in many different elements of wrestling including _____ (hip-heisting) and _____ (bridging)

Arch and Turn Drills

Wall Walk Drill (54:52-55:08)

- a. Wrestler A works without a partner (may use a partner for support until he/she can do this without help)
- b. Wrestler A stands with his/her back facing a wall
- c. Wrestler A simulates a throwing motion until his/her hands reach the wall
- d. Continue walking the hands down the wall increasing the degree of arch until his/her head touches the mat

Arch Assist Drill (55:09-55:32)

- a. Wrestler A locks hands securely with his/her partner
- b. Starting a short distance away from the partner, Wrestler A walks toward his/her partner and changes level to “coil” power into his/her legs
- c. Wrestler A begins to back arch, as if throwing an opponent
- d. The partner in this drill continues to support Wrestler A’s weight as needed to ensure Wrestler A’s safe arching toward the mat

Table Arch Drill (55:33-55:55)

- a. Wrestler A's partner starts in referee's position – a solid base
- b. Wrestler A simulates a back arching throw and uses his/her partner to support their weight (shoulders to back)

Seated Explosion Drill (55:56-18)

- a. This move is for advanced wrestlers who are experienced with the back arch
 - a. Begin in a seated position on the mat
 - b. Start by driving the hips forward to “coil” power in the legs
 - c. Once the legs have power, Wrestler A locks his/her hands as if throwing an opponent
 - d. Complete the back arch until the head touches the mat

Dive Arch Drill (56:19-55:45)

- a. This move is for advanced wrestlers who are experienced with the back arch
 - a. Wrestler A executes a front roll
 - b. Once Wrestler A “coils” power into his/her legs, he/she uses arm motion to begin executing a back arch (similar to a back flipping motion). It is encouraged to use the arms to support Wrestler A's weight as he/she lands the back arch.

Arch Springs Drill (56:46-57:06)

- a. This move is for advanced wrestlers who are experienced with the back arch
 - a. Wrestler A locks his/her hands as if ready to throw an opponent
 - b. Squat to load power into the legs
 - c. Begin the back arching motion
 - d. Explode with the legs and arch backward landing with hands/forearms on the mat (not the head)
 - e. First attempts at this drill may show wrestler arching over a shoulder rather than going directly over the head

57:10-59:14 Summary and Highlights