




Chronological Age
Developmental Stage
Coaches Corner
Support Staff
Knowledge of the Game
Lifestyle & Life Skills
Elite Performance Support
Tactical
Technical
Psychological
Physical
Phase Objective

Age 0-6, Copper 	Age 7-9, Copper 	Age 10-12, Copper 	Age 13-14, Bronze 	Age 15-19, Bronze 	Age 15 Plus, Bronze Participate & Succeed 	Age 15+, Bronze Excel for High Performance 	Any Age, Copper-Gold	
Early Childhood		Late Childhood		Young Adult		Young Adult - Adult	Any Stage	
Introduce Kids & Parents to Wrestling to Increase Participation. Goal: Get Kids to the Next Lvl	Instill a Passion & Love for Wrestling. Goal: Get Kids to the Next Lvl	Start the Real Process of Learning Through Routine & Reps Goal: Get Kids to the Next Lvl	Promote & Apply Competitiveness, Sportsmanship & Mastery of Wrestling		Attention to Detail & Refining Skills Previously Learned	Coach & Athlete Collaborate to Create Training & Competition Plan	Educate Next Group of Athletes & Coaches with Knowledge & Experience	
Parents, Family, Child Care Providers & Community	Parents, Teachers, Coach & Community		Parents, Teachers, Local Coach & Regional/National Coach & Staff		Personal Coach, Regional/ National Coach & Staff	Personal Coach & National Coach	Giving Back to the Sport Through Coaching or Volunteering	
N/A	Introduction to Wrestling; Basic Knowledge of Rules, Tactics & Elite Athletes		Possess and Demonstrate Knowledge of Rules, Tactics & Elite Athletes.			Utilize Knowledge of Rules, Tactics & Elite Athletes	Possess & Share Knowledge of Rules, Tactics & Elite Athletes	
Athletes Cooperate with Others and Show Respect to All Weight Loss for Health Only	Participants Posses Healthy Daily Routines & Nutrition Skills Weight Loss for Health Concerns Only		Athletes Understand Ethical & Moral Values & Appreciation for Wrestling Some Weight Management Guidelines Introduced		Develop Athletes to Become Intrinsically Motivated & Independent in Thought and Practice. Some Weight Mgt.	Take Ownership of Career & Choices That Impact Career Weight Management Taught and Practiced as Necessary	Appreciation for Sport Skills & Learned Life Skills. Apply Those Skills in Daily Life Weight Mgt for Healthy Living	
N/A Matches/Yr = 0-12	Matches/Yr = 0-20		Introduction to Basic Performance Support Staff & Philosophies Matches/Yr = 12-36		Matches/Yr = 24-48	Utilize Performance Support Staff & Create Own Philosophies Matches/Yr = 12-36	Utilize Performance Support Staff & Create Own Philosophies Matches/Yr = 24-48	N/A Matches/Yr = Based on Periodization Planning
Expect Little to No Tactical Development at This Age	Introduction to Structured Practices	Introduction to Basic Sport Offensive & Defensive Strategies	Understanding Strategy of Mat Technique (Action/Reaction)		Athlete Develops Personal Strategy According to Strengths & Weaknesses	Utilize Own Skill Set in Comparison to That of Our Opponent's Skill Set	Ability to Articulate Knowledge Learned to Enhance the Nest Generation	
Expect Little to No Technical Development at This Age	Basic Athletic Movements Are Learned	Basic Skills in Wrestling Are Learned	Exposing Athlete to the Core Skills of Wrestling	Exposing Athlete to Core Techniques of Wrestling	Understanding Variations, Purpose, Timing & Intensity of Mat Techniques	Athletes Know, Understand & Master Their Own Skill Set	Paying the Knowledge Gained From Wrestling Forward to Future Athletes	
Social Interaction with Peers & Maintaining Fun or Activity	Positive Outlook, Cooperation with Others, Social Interaction & Fun	Passion for Wrestling, High Self-Esteem Perceived by Self & Mastery Climate	Ability to Focus Throughout Practice & Openness to Learn New Techniques	Take Criticism as Critical Feedback & Understand Causes of Winning/Losing	Focus & Understanding of Individual Needs, Process Goals, Peak Performance Process	Prepare for Unexpected, Balance of Sport & Life Identity Roles	Knowing Self-Worth Outside Sport & Utilize Learned Life Skills	
Explore Basic Body Skills, Coordination & Gross Motor Movements When Should We Start Lifting?	Developing Awareness, Coordination & Body Skills Through Games & Activity		Advancing Basic Movements & Combinations of Movements Through Repitition		Understanding Own Strengths & Limitations in Both Technical Movements & Training	Optimal Functioning Capabilities for the Purpose of Peaking Through Periodization	Staying Physically Active & Knowing Personal Limitations In Training.	
Encourage Free Play, Fun and Love for All Activities. Sport Skills - BASIC Sport Focus - RECREATION	Encourage Fun & Participation. Over Time, Add Sport Fundamentals. Sport Skills - BASIC Sport Focus - RECREATION		Build Foundation of Wrestling Knowledge Through Education & Repetition Sport Skills - SPECIFIC Focus - Introduction		Sport Skills - SPECIFIC Focus -Applied Process	Training Becomes Specialized & Incorporates All Aspects of Winning Process Sport Skills - SPECIFIC Focus - PERFORMANCE	Sport Skills - REFINED Focus - HIGH PERFORMANCE	Implementing Life Skills Into Daily Life Sport Skills - BASIC Focus - RECREATION



Stage 1 - Discover, Learn & Play (Age 0-12)

Stage 2 - Develop & Challenge (Age 10-16)

Stage 3 - Train & Compete (Age 13-19)

Stage 4 - Participate & Succeed OR Excel for High Performance (Age 15+)

Stage 5 - Thrive & Mentor (Age, For Life)

Critical to Get Wrestlers Staying Past Age 13

