



USA wrestling

Practice Plans

USA Wrestling's Core Curriculum
Level 1 Folkstyle



Practice Plan

USA Wrestling's Core Curriculum Level 1 Folkstyle

Week 1 Practice A

Date _____

Total Time 55-75 min

ACTIVITY	TIME
Roll Call and Announcements _____ _____ _____	5
Warm Up <ul style="list-style-type: none">• Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...)• Select 2-3 activities from 1a, 1b, 1c, and 1d each<ul style="list-style-type: none">• Form lines for these activities. Make sure the athletes are a safe distance apart. _____ _____	10
Introduction of New Techniques <ul style="list-style-type: none">• Stance & motion• Penetration step & level change _____ _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none">• Scramble to stance drill (explain basic stance)• Mirror drill• Cricket and wicket• 2-3 activities from 1f _____ _____	10-15
Mat Games <ul style="list-style-type: none">• Power ball	10-20
Cool Down	5
Closing Announcements _____ _____	



Practice Plan

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Week 1 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements _____ _____	5
Warm Up <ul style="list-style-type: none"> • Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) • Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> • Form lines for these activities. Make sure the athletes are a safe distance apart. _____ _____	10
Review of Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none"> • Double leg takedown <ul style="list-style-type: none"> • Penetration finish • Set-ups / control ties _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Caged up • Cricket and wicket • Flip-over • Select 2 activities from 1d _____ _____	10-15
Mat Games <ul style="list-style-type: none"> • Sharks and minnows 	10-20
Cool Down	5
Closing Announcements _____ _____	



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Week 2 Practice A

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements _____ _____	5
Warm Up <ul style="list-style-type: none">• Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...)• Select 2-3 activities from 1a, 1b, 1c, and 1d each<ul style="list-style-type: none">• Form lines for these activities. Make sure the athletes are a safe distance apart. _____ _____	10
Review of Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none">• Single leg penetration and finishes _____ _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none">• Limbo level change• Bear crawl• Select 2-3 activities from 1e and 1f _____ _____ _____	10-15
Mat Games <ul style="list-style-type: none">• Caged up or knee tag• One other game from 4 _____	10-20
Cool Down	5
Closing Announcements _____ _____	



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Week 2 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up <ul style="list-style-type: none"> Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> Form lines for these activities. Make sure the athletes are a safe distance apart. 	10
Review of Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none"> Lines of defense Down block and go behind 	15-20
Live wrestling (optional) - Situation wrestling: <ul style="list-style-type: none"> 1-5 minutes - techniques covered up to this point Intervals should be 30 seconds or shorter 	0-10
Strength and Skill Based Activities <ul style="list-style-type: none"> Spin drill Seal crawl Stance and motion drill 	10-15
Mat Games <ul style="list-style-type: none"> Fox tail Spinning bear 	10-20
Cool Down	5
Closing Announcements	



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Week 3 Practice A

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up	10
<ul style="list-style-type: none"> Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> Form lines for these activities. Make sure the athletes are a safe distance apart. 	
Review of Prior Week's Skills	5
Introduction of New Techniques	15-20
<ul style="list-style-type: none"> Stuff head Backstep 	
Live wrestling (optional) - Short live session (10 minutes or less)	0-10
<ul style="list-style-type: none"> 3-4 person groups <ul style="list-style-type: none"> 30 second intervals Standing (neutral) position Winner stays out or straight rotation 	
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> Spin drill Seal crawl Backstep drill against the wall Stance and motion (optional) 	
Mat Games	10-20
<ul style="list-style-type: none"> Chicken Relay races - choose races from 4i 	
Cool Down	5
Closing Announcements	



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Week 3 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up	10
<ul style="list-style-type: none"> Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> Form lines for these activities. Make sure the athletes are a safe distance apart. 	
Review of Prior Week's Skills	5
Introduction of New Techniques	15-20
<ul style="list-style-type: none"> Snap down & spin 	
Live wrestling (optional) - Short live session (10 minutes or less)	0-10
<ul style="list-style-type: none"> 3-4 person groups <ul style="list-style-type: none"> Shark bait format 30 second periods Coaches choice First half of time is techniques learned to this point / second half in neutral position 	
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> Back arch drill Clock drill Wall walk Crawl under and arch overs 	
Mat Games	10-20
<ul style="list-style-type: none"> Sneaky snap Knee tag 	
Cool Down	5
Closing Announcements	



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Week 4 Practice A

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up <ul style="list-style-type: none"> Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> Form lines for these activities. Make sure the athletes are a safe distance apart. 	10
Review of Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none"> Backstep offense 	15-20
Live wrestling (optional) - Short live session (10 minutes or less) <ul style="list-style-type: none"> 3-4 person groups <ul style="list-style-type: none"> Shark bait format 30 second periods Coaches choice First half of time is techniques learned to this point / second half in neutral position 	0-10
Strength and Skill Based Activities <ul style="list-style-type: none"> Back step drill Backstep sommersault drill Flipovers 1 activity from 1b, 1e, or 1f 	10-15
Mat Games <ul style="list-style-type: none"> Log rolls Power ball 	10-20
Cool Down	5
Closing Announcements	



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Week 4 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up <ul style="list-style-type: none"> Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> Form lines for these activities. Make sure the athletes are a safe distance apart. 	10
Review of Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none"> Backstep defense Review of takedowns and counter offense 	15-20
Live wrestling (optional) - Pick one partner <ul style="list-style-type: none"> 10 x 30 second periods <ul style="list-style-type: none"> First 5 periods wrestlers start in positions covered to this point Second 5 periods wrestlers start in neutral position 1 or 2 longer periods - starting in neutral 	0-10
Strength and Skill Based Activities <ul style="list-style-type: none"> Back step drill Tip up drill 	10-15
Mat Games <ul style="list-style-type: none"> Toe tackle Relay races 	10-20
Cool Down	5
Closing Announcements	



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Week 5 Practice A

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements _____ _____	5
Warm Up <ul style="list-style-type: none">• Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...)• Select 2-3 activities from 1a, 1b, 1c, and 1d each<ul style="list-style-type: none">• Form lines for these activities. Make sure the athletes are a safe distance apart. _____ _____	10
Review of Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none">• Bottom: position, procedure, stand-up _____ _____	15-20
Live wrestling (optional) - Pick one partner <ul style="list-style-type: none">• 2 periods of 1 minute and 30 seconds each<ul style="list-style-type: none">• Start in referees position (alternate top and bottom) _____ _____ _____	0-10
Strength and Skill Based Activities <ul style="list-style-type: none">• Face off drill• Hip dump drill _____ _____	10-15
Mat Games <ul style="list-style-type: none">• Speed ball _____	10-20
Cool Down	5
Closing Announcements _____ _____	



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Week 5 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements _____	5
Warm Up <ul style="list-style-type: none"> • Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) • Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> • Form lines for these activities. Make sure the athletes are a safe distance apart. _____ _____	10
Review of Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none"> • Returns to mat (stand-up) • Switch _____ _____	15-20
Live wrestling (optional) <ul style="list-style-type: none"> • 1 or 2 full matches _____ _____	0-10
Strength and Skill Based Activities <ul style="list-style-type: none"> • Hip dump drill • Scramble to stance drill 	10-15
Mat Games <ul style="list-style-type: none"> • Switcheroo • Norske ball 	10-20
Cool Down	5
Closing Announcements _____ _____	



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Week 6 Practice A

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up	10
<ul style="list-style-type: none"> Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> Form lines for these activities. Make sure the athletes are a safe distance apart. 	
Review of Prior Week's Skills	5
Introduction of New Techniques	15-20
<ul style="list-style-type: none"> Top: position, procedure Pop and chop Half 	
Live wrestling (optional)	0-10
<ul style="list-style-type: none"> Group of 3 <ul style="list-style-type: none"> Straight rotation of 1 minute periods 	
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> Bull riding drill Face off drill 	
Mat Games	10-20
<ul style="list-style-type: none"> Soccer 	
Cool down	5
Closing Announcements	



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Week 6 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up	10
<ul style="list-style-type: none"> Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) Select 2-3 activities from 1a, 1b, 1c, and 1d each <ul style="list-style-type: none"> Form lines for these activities. Make sure the athletes are a safe distance apart. 	
Review of Prior Week's Skills	5
Introduction of New Techniques	15-20
<ul style="list-style-type: none"> Spiral ride / breakdown Cradle Ankle rides / breakdowns 	
Live wrestling (optional)	0-10
<ul style="list-style-type: none"> 1 match 4 man groups with straight rotations: top-bottom-out-out <ul style="list-style-type: none"> 20 second periods 	
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> Hip dump drill Switcher drill Flopping fish drill 	
Mat Games	10-20
<ul style="list-style-type: none"> Soccer 	
Cool Down	5
Closing Announcements	