



USA wrestling

Practice Plans

USA Wrestling's Core Curriculum
Level 3 Folkstyle



Practice Plan

USA Wrestling's Core Curriculum Level 3 Folkstyle

Week 1 Practice A

Date _____

Total Time 55-75 min

ACTIVITY	TIME
Roll Call and Announcements <hr/> <hr/> <hr/>	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. <hr/> <hr/>	10
Introduction of New Techniques <ul style="list-style-type: none"> • Stance & motion • Closing the gap • Level change & penetration step <hr/> <hr/> <hr/>	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 <hr/> <hr/>	10-15
Mat Games <ul style="list-style-type: none"> • Power ball 	10-20
Cool Down	5
Closing Announcements <hr/>	



Practice Plan

USA Wrestling's Core Curriculum Level 3 Folkstyle

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"> • Making contact • Hands & wrists (fighting for control) • Opponent posting _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Caged up • Jolt drill • 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 _____ _____	



Practice Plan

USA Wrestling's Core Curriculum Level 3 Folkstyle

Week 1 Practice C

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">• Holding base drill• Stand up _____ _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none">• Caged up• Stand up returns• Select 2 activities from 1d _____ _____	10-15
Mat Games <ul style="list-style-type: none">• Wrestler's handshake _____ _____	10-20
Cool Down	5
Closing Announcements _____	



Practice Plan

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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 - feet• Single leg - sweep / run the corner _____ _____ _____	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 _____	



Practice Plan

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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 • Stuff head <ul style="list-style-type: none"> • Single • High crotch • Down block and go behind • Sprawl & spin 	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 • Tip up • 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	



Practice Plan

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Week 2 Practice C

Date _____

Total Time 65-95 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"> • Stand up • Front headlock <ul style="list-style-type: none"> • Go behind 	

Open Drilling on Feet	5
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> • Spin drill • Stand up returns • Flip-over • Select 2 activities from 1d 	

Mat Games	10-20
<ul style="list-style-type: none"> • Sharks and minnows 	
Cool Down	5
Closing Announcements	



Practice Plan

USA Wrestling's Core Curriculum Level 3 Folkstyle

Week 3 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"> High crotch <ul style="list-style-type: none"> Inside step penetration Pop finish Change off to double Inside ties 	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"> 30 second intervals Standing (neutral) position Winner stays out or straight rotation 	0-10
Strength and Skill Based Activities <ul style="list-style-type: none"> Spin drill Seal crawl Backstep drill against the wall Stance and motion (optional) 	10-15
Mat Games <ul style="list-style-type: none"> Chicken Relay races - choose races from 4i 	10-20
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 <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"> Spiral ride to legs 	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 referee's position 	0-10
Strength and Skill Based Activities <ul style="list-style-type: none"> Back arch drill Clock drill Wall walk Crawl under and arch overs 	10-15
Mat Games <ul style="list-style-type: none"> Crack the whip Knee tag 	10-20
Cool Down	5
Closing Announcements	



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Week 3 Practice C

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements <hr/> <hr/>	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. <hr/>	10
Review of Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none"> • Stand ups • Single leg - trick knee whizzer • Base building <hr/> <hr/>	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Caged up • Iron cross • Flip-over • Select 2 activities from 1d <hr/> <hr/> <hr/>	10-15
Mat Games <ul style="list-style-type: none"> • Face off 	10-20
Cool Down	5
Closing Announcements <hr/> <hr/>	



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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"> Single leg - back door Single leg - rotation direction 	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 Back step somersault drill Flip overs 1 activity from 1b, 1e, or 1f 	10-15
Mat Games <ul style="list-style-type: none"> Switcher 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"> Front headlock <ul style="list-style-type: none"> Clearing elbow Whip overs Knee tap 	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"> Neck bridges & walk around Tip up drill 	10-15
Mat Games <ul style="list-style-type: none"> Bull riding Relay races 	10-20
Cool Down	5
Closing Announcements	



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Week 4 Practice C

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">• Claw ride to legs• Review breakdown _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none">• Caged up• Tip up• Sit ups• Select 2 activities from 1d _____ _____	10-15
Mat Games <ul style="list-style-type: none">• Spinning bear _____ _____	10-20
Cool Down Closing Announcements _____	5



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Week 5 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"> Underhook (head position) Underhook to front headlock 	
Live wrestling (optional) - Pick one partner	0-10
<ul style="list-style-type: none"> 3 periods of 1 minute and 30 seconds each <ul style="list-style-type: none"> Start in referees position (alternate top and bottom) 	
Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> Face off drill Hip dump drill 	
Mat Games	10-20
<ul style="list-style-type: none"> Sock game 	
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	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"> • Hands & wrists (fighting for control) • To offensive leg attacks 	

Live wrestling (optional)	0-10
<ul style="list-style-type: none"> • 1 or 2 full matches 	

Strength and Skill Based Activities	10-15
<ul style="list-style-type: none"> • Hip dump drill • Scramble to stance drill 	

Mat Games	10-20
<ul style="list-style-type: none"> • Switcheroo • Norske ball 	
Cool Down	5
Closing Announcements	



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Week 5 Practice C

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"> • Inside tie to double leg • Review escapes _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Caged up • Cricket and wicket • Bridges - front & back • Select 2 activities from 1d _____ _____	10-15
Mat Games <ul style="list-style-type: none"> • Turk step chase _____ _____	10-20
Cool Down	5
Closing Announcements _____	



Practice Plan

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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"> Spiral ride / breakdowns Spiral drill & turns 	
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	



Practice Plan

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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"> Double leg to arm turk Double leg to leg turk 	
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 Scramble to attack 	
Mat Games	10-20
<ul style="list-style-type: none"> Soccer 	
Cool Down	5
Closing Announcements	



Practice Plan

USA Wrestling's Core Curriculum Level 3 Folkstyle

Week 6 Practice C

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements <hr/> <hr/>	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. <hr/> <hr/>	10
Review of Prior Week's Skills	5
Introduction of New Techniques <ul style="list-style-type: none"> • Down block & sprawl (Freestyle Level 1-3b) • Front headlock to go behind <hr/> <hr/>	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Caged up • Jolt drill • Flip-over • Select 2 activities from 1d <hr/> <hr/>	10-15
Mat Games <ul style="list-style-type: none"> • Sharks and minnows <hr/>	10-20
Cool Down	5
Closing Announcements <hr/>	



Practice Plan

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Week 7 Practice A

Date _____

Total Time 55-75 min

ACTIVITY	TIME
Roll Call and Announcements <hr/> <hr/> <hr/>	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. <hr/> <hr/>	10
Introduction of New Techniques <ul style="list-style-type: none"> • Stance & motion • Closing the gap • Level change & penetration step <hr/> <hr/> <hr/>	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Scramble to stance drill (explain basic stance) • Hand fighting drill • Cricket and wicket • 2-3 activities from 1f <hr/> <hr/>	10-15
Mat Games <ul style="list-style-type: none"> • Power ball 	10-20
Cool Down	5
Closing Announcements <hr/>	



Practice Plan

USA Wrestling's Core Curriculum Level 3 Folkstyle

Week 7 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"> • Holding base drill • Base building • Stand ups _____ _____	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

USA Wrestling's Core Curriculum Level 3 Folkstyle

Week 7 Practice C

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 - feet • Single leg - running the corner • Trick knee whizzer _____ _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Scramble to stance drill (explain basic stance) • Wall walk • Select 2 activities from 1f _____ _____	10-15
Mat Games <ul style="list-style-type: none"> • Power ball _____ _____	10-20
Cool Down Closing Announcements	5



Practice Plan

USA Wrestling's Core Curriculum Level 3 Folkstyle

Week 8 Practice A

Date _____

Total Time 55-75 min

ACTIVITY

TIME

Roll Call and Announcements

5

Warm Up

10

- Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...)
- Select 2-3 activities from 1a, 1b, 1c, and 1d each
 - Form lines for these activities. Make sure the athletes are a safe distance apart.

Introduction of New Techniques

15-20

- Single leg - back door
- Single leg - rotate direction
- Back step
- Motion

Strength and Skill Based Activities

10-15

- Rockover
- Mirror drill
- Hand fighting drill
- 2-3 activities from 1f

Mat Games

10-20

- Wrestler's handshake

Cool Down

5

Closing Announcements



Practice Plan

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Week 8 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"> • Counter offense • Stuff head on single • High crotch - head outside _____ _____ _____	15-20
Strength and Skill Based Activities <ul style="list-style-type: none"> • Knee explosives to feet • Standing broad jump • 2-3 activities from 1f _____ _____	10-15
Mat Games <ul style="list-style-type: none"> • Bone fight 	10-20
Cool Down Closing Announcements _____	5



Practice Plan

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Week 8 Practice C

Date _____

Total Time 65-85 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 • Motion _____ _____ _____	15-20
Live wrestling <ul style="list-style-type: none"> • Coach's choice 	10
Strength and Skill Based Activities <ul style="list-style-type: none"> • Select 2 activities from 1f _____ _____	10-15
Mat Games <ul style="list-style-type: none"> • Knee tag _____ _____	10-20
Cool Down	5
Closing Announcements	