



**USA** wrestling

# **Practice Plans**

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**USA Wrestling's Core Curriculum**  
*Level 1 Olympic Styles*



# Practice Plan

## USA Wrestling's Core Curriculum Level 1 Olympic Styles

**Week 1 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

- Freestyle stance
- Greco-Roman stance

**Strength and Skill Based Activities**

10-15

- Jolt drill
- Cricket and wicket
- 2-3 activities from 1f

**Mat Games**

10-20

- Fox tail

**Cool Down**

5

**Closing Announcements**



# Practice Plan

## USA Wrestling's Core Curriculum Level 1 Olympic Styles

### Week 1 Practice B

Date \_\_\_\_\_

Total Time 60-90 min

ACTIVITY	TIME
<b>Roll Call and Announcements</b> _____ _____	5
<b>Warm Up</b> <ul style="list-style-type: none"> <li>• Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...)</li> <li>• Select 2-3 activities from 1a, 1b, 1c, and 1d each               <ul style="list-style-type: none"> <li>• Form lines for these activities. Make sure the athletes are a safe distance apart.</li> </ul> </li> </ul> _____ _____	10
<b>Review of Prior Week's Skills</b>	5
<b>Introduction of New Techniques</b> <ul style="list-style-type: none"> <li>• Blast double leg</li> <li>• Wrist tie / baseball grip</li> <li>• Arm drags / chops</li> </ul> _____ _____	15-20
<b>Strength and Skill Based Activities</b> <ul style="list-style-type: none"> <li>• Iron cross</li> <li>• Crawl under and arch-overs</li> <li>• Select 2 activities from 1d</li> </ul> _____ _____	10-15
<b>Mat Games</b> <ul style="list-style-type: none"> <li>• Bone fight</li> <li>• Wrestler's handshake</li> </ul>	10-20
<b>Cool Down</b>	5
<b>Closing Announcements</b> _____	



# Practice Plan

## USA Wrestling's Core Curriculum Level 1 Olympic Styles

### Week 2 Practice A

Date \_\_\_\_\_

Total Time 60-90 min

ACTIVITY	TIME
<b>Roll Call and Announcements</b> _____ _____	5
<b>Warm Up</b> <ul style="list-style-type: none"> <li>• Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...)</li> <li>• Select 2-3 activities from 1a, 1b, 1c, and 1d each               <ul style="list-style-type: none"> <li>• Form lines for these activities. Make sure the athletes are a safe distance apart.</li> </ul> </li> </ul> _____ _____	10
<b>Review of Prior Week's Skills</b>	5
<b>Introduction of New Techniques</b> <ul style="list-style-type: none"> <li>• Inside tie / elbow tie</li> <li>• Snatch single leg</li> <li>• Transitioning to top / par terre</li> </ul> _____ _____	15-20
<b>Strength and Skill Based Activities</b> <ul style="list-style-type: none"> <li>• Bear crawl</li> <li>• Cricket and wicket</li> <li>• Select 2-3 activities from 1e and 1f</li> </ul> _____ _____	10-15
<b>Mat Games</b> <ul style="list-style-type: none"> <li>• Coiled spring</li> <li>• Stuck in mud</li> <li>• One other game from 4</li> </ul>	10-20
<b>Cool Down</b>	5
<b>Closing Announcements</b> _____ _____	



# Practice Plan

## USA Wrestling's Core Curriculum Level 1 Olympic Styles

### Week 2 Practice B

Date \_\_\_\_\_

Total Time 60-90 min

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



# Practice Plan

## USA Wrestling's Core Curriculum Level 1 Olympic Styles

### Week 3 Practice A

Date \_\_\_\_\_

Total Time 60-90 min

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



# Practice Plan

## USA Wrestling's Core Curriculum Level 1 Olympic Styles

### Week 3 Practice B

Date \_\_\_\_\_

Total Time 60-90 min

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



# Practice Plan

## USA Wrestling's Core Curriculum Level 1 Olympic Styles

### Week 4 Practice A

Date \_\_\_\_\_

Total Time 60-90 min

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





# Practice Plan

## USA Wrestling's Core Curriculum Level 1 Olympic Styles

### Week 4 Practice B

Date \_\_\_\_\_

Total Time 60-90 min

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



# Practice Plan

## USA Wrestling's Core Curriculum Level 1 Olympic Styles

### Week 5 Practice A

Date \_\_\_\_\_

Total Time 60-90 min

ACTIVITY	TIME
<b>Roll Call and Announcements</b>	5
<b>Warm Up</b>	10
<ul style="list-style-type: none"> <li>Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...)</li> <li>Select 2-3 activities from 1a, 1b, 1c, and 1d each               <ul style="list-style-type: none"> <li>Form lines for these activities. Make sure the athletes are a safe distance apart.</li> </ul> </li> </ul>	
<b>Review of Prior Week's Skills</b>	5
<b>Introduction of New Techniques</b>	15-20
<ul style="list-style-type: none"> <li>Gut wrench</li> <li>Turks</li> </ul>	
<b>Live wrestling (optional) - Pick one partner</b>	0-10
<ul style="list-style-type: none"> <li>2 periods of 1 minute and 30 seconds each (neutral)</li> <li>Start in par terre position (alternate top and bottom)               <ul style="list-style-type: none"> <li>30 second periods</li> </ul> </li> </ul>	
<b>Strength and Skill Based Activities</b>	10-15
<ul style="list-style-type: none"> <li>Crawl under and arch-overs</li> <li>Neck bridges and walk around</li> </ul>	
<b>Mat Games</b>	10-20
<ul style="list-style-type: none"> <li>Turk step chase</li> </ul>	
<b>Cool Down</b>	5
<b>Closing Announcements</b>	



# Practice Plan

## USA Wrestling's Core Curriculum Level 1 Olympic Styles

### Week 5 Practice B

Date \_\_\_\_\_

Total Time 60-90 min

ACTIVITY	TIME
<b>Roll Call and Announcements</b>	5
<b>Warm Up</b> <ul style="list-style-type: none"> <li>Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...)</li> <li>Select 2-3 activities from 1a, 1b, 1c, and 1d each               <ul style="list-style-type: none"> <li>Form lines for these activities. Make sure the athletes are a safe distance apart.</li> </ul> </li> </ul>	10
<b>Review of Prior Week's Skills</b>	5
<b>Introduction of New Techniques</b> <ul style="list-style-type: none"> <li>Par terre defense               <ul style="list-style-type: none"> <li>Movement on bottom</li> <li>Hips and shoulders square / heavy</li> <li>Fight the lock</li> </ul> </li> </ul>	15-20
<b>Live wrestling (optional)</b> <ul style="list-style-type: none"> <li>1 full match (3 periods)</li> <li>Par terre (20 second periods - alternating top and bottom)</li> </ul>	0-10
<b>Strength and Skill Based Activities</b> <ul style="list-style-type: none"> <li>Army drill</li> <li>Walking on hands</li> </ul>	10-15
<b>Mat Games</b> <ul style="list-style-type: none"> <li>Sharks and minnows</li> <li>Norske ball</li> </ul>	10-20
<b>Cool Down</b>	5
<b>Closing Announcements</b>	



# Practice Plan

## USA Wrestling's Core Curriculum Level 1 Olympic Styles

### Week 6 Practice A

Date \_\_\_\_\_

Total Time 60-90 min

ACTIVITY	TIME
<b>Roll Call and Announcements</b>	5
<b>Warm Up</b>	10
<ul style="list-style-type: none"> <li>Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc..)</li> <li>Select 2-3 activities from 1a, 1b, 1c, and 1d each               <ul style="list-style-type: none"> <li>Form lines for these activities. Make sure the athletes are a safe distance apart.</li> </ul> </li> </ul>	
<b>Review of Prior Week's Skills</b>	5
<b>Introduction of New Techniques</b>	15-20
<ul style="list-style-type: none"> <li>Ankle lace</li> <li>Ankle lace defense</li> </ul>	
<b>Live wrestling (optional)</b>	0-10
<ul style="list-style-type: none"> <li>Group of 3               <ul style="list-style-type: none"> <li>Neutral</li> <li>Straight rotation of 1 minute periods (6 minutes)</li> </ul> </li> <li>Group of 3               <ul style="list-style-type: none"> <li>Straight rotation of 20 second periods (ankle lace only - 4 minutes)</li> </ul> </li> </ul>	
<b>Strength and Skill Based Activities</b>	10-15
<ul style="list-style-type: none"> <li>Flopping fish</li> <li>Switcheroo</li> <li>Crack the whip</li> </ul>	
<b>Mat Games</b>	10-20
<ul style="list-style-type: none"> <li>Soccer</li> </ul>	
<b>Cool down</b>	5
<b>Closing Announcements</b>	



# Practice Plan

## USA Wrestling's Core Curriculum Level 1 Olympic Styles

### Week 6 Practice B

Date \_\_\_\_\_

Total Time 60-90 min

ACTIVITY	TIME
<b>Roll Call and Announcements</b>	5
_____	
<b>Warm Up</b>	10
<ul style="list-style-type: none"> <li>• Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...)</li> <li>• Select 2-3 activities from 1a, 1b, 1c, and 1d each               <ul style="list-style-type: none"> <li>• Form lines for these activities. Make sure the athletes are a safe distance apart.</li> </ul> </li> </ul>	
_____	
_____	
<b>Review of Prior Week's Skills</b>	5
<b>Introduction of New Techniques</b>	15-20
<ul style="list-style-type: none"> <li>• Reverse lift</li> </ul>	
_____	
_____	
<b>Live wrestling (optional)</b>	0-10
<ul style="list-style-type: none"> <li>• 1 match</li> <li>• 4 man groups with straight rotations: top-bottom-out-out               <ul style="list-style-type: none"> <li>• 20 second periods</li> </ul> </li> </ul>	
_____	
_____	
<b>Strength and Skill Based Activities</b>	10-15
<ul style="list-style-type: none"> <li>• Log lift / Reverse lift</li> <li>• 360 jumps</li> </ul>	
_____	
<b>Mat Games</b>	10-20
<ul style="list-style-type: none"> <li>• Speed ball</li> </ul>	
<b>Cool Down</b>	5
<b>Closing Announcements</b>	
_____	
_____	