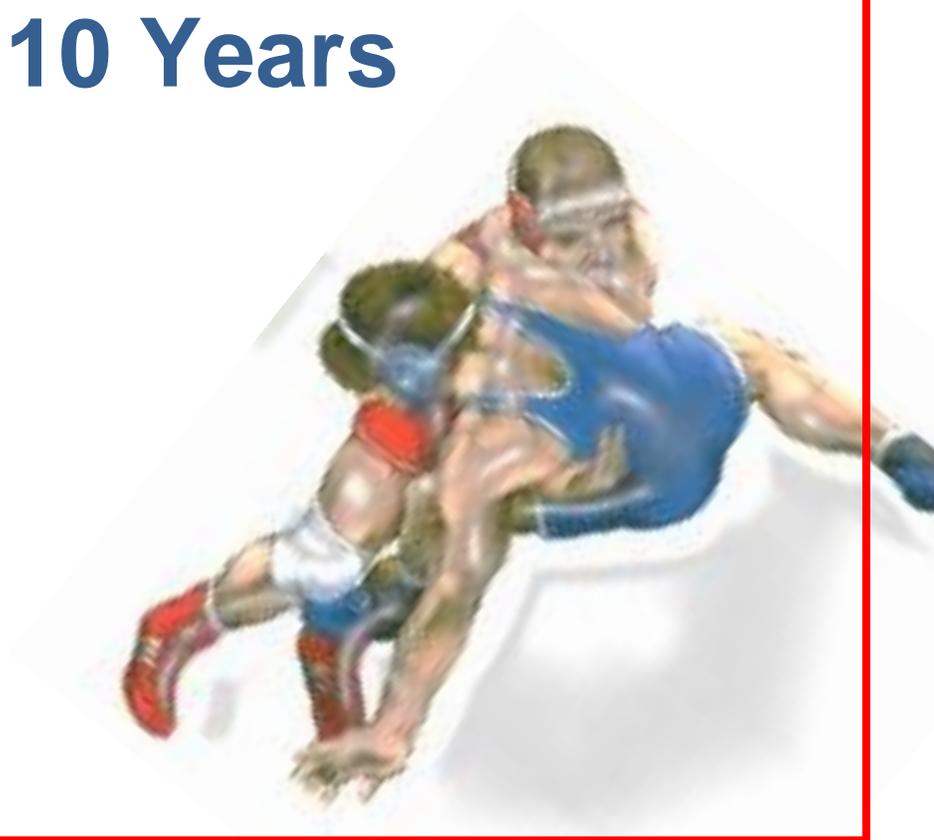




**SA** Wrestling

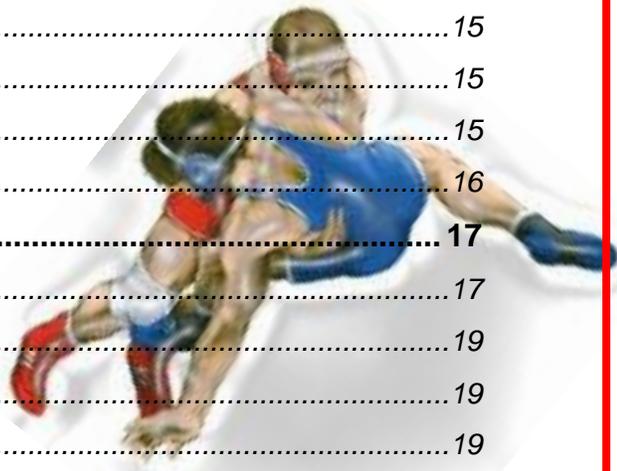
# LTPD Curriculum

6 – 10 Years



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## Introductory note

This document serves as a basic curriculum for the Long Term Participant Development Program and can be used as a basic building block for coaching, evaluation and monitoring of the development during the Long Term development of wrestlers.

It is important to continuously evaluate and adapt according to the individuals' biological maturation process as well as the process of development of each individual wrestler, as this forms the basis of long term athlete development.

Certain individuals will find it easier than others to acquire certain skills and should not be held back in their progress, but at the same time individuals who show a lack of progress should be assisted during the coaching process.

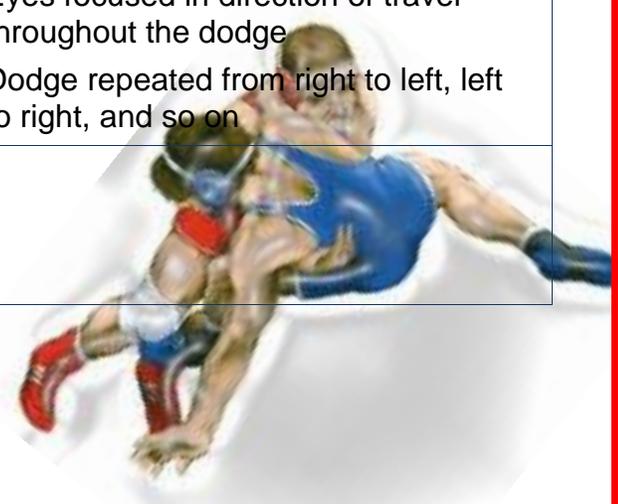
***Nico Coetzee***

*Chairman SAWF Coaches Council*



# 6 YEARS

## FUNdamental Movement Skills

<b>A. Catch</b> <ol style="list-style-type: none"><li>1. Eyes are focused on the ball throughout the catch</li><li>2. Preparatory position with elbows bent and hands in front of body</li><li>3. Hands move to meet the ball</li></ol>	<b>B. Kick</b> <ol style="list-style-type: none"><li>1. Eyes are focused on the ball throughout the kick</li><li>2. Step forward with non-kicking foot placed near the ball</li></ol>
<b>C. Run</b> <ol style="list-style-type: none"><li>1. Eyes focused forward throughout the run</li><li>2. Knees bend at right angles during the recovery phase</li></ol>	<b>D. Hop</b> <ol style="list-style-type: none"><li>1. Eyes focused forward throughout the hop</li><li>2. Jump from one foot and land on the same foot, land with the knee bent</li></ol>
<b>E. Skip</b> <ol style="list-style-type: none"><li>1. Eyes focused forward throughout the skip</li><li>2. Step forward and then hop on the same foot</li><li>3. Do the same with the other foot</li></ol>	<b>F. Vertical Jump</b> <ol style="list-style-type: none"><li>1. Eyes focused forwards or upwards throughout the jump</li><li>2. Balanced landing with no more than one step in any direction</li></ol>
<b>G. Gallop</b> <ol style="list-style-type: none"><li>1. Step to the side and draw the other foot up quickly to the first foot</li><li>2. Use your arms only as needed for balance</li><li>3. Keep your knees bent slightly</li><li>4. Lean slightly forward at the waist.</li></ol>	<b>H. Overarm Throw</b> <ol style="list-style-type: none"><li>1. Eyes are focused on the target throughout the throw</li></ol>
<b>I. Leap</b> <ol style="list-style-type: none"><li>1. Forward movement sustained throughout the leap</li><li>2. Take off from one foot and land on the opposite foot</li></ol>	<b>J. Dodge</b> <ol style="list-style-type: none"><li>1. Eyes focused in direction of travel throughout the dodge</li><li>2. Dodge repeated from right to left, left to right, and so on</li></ol>
<b>K. Forehand strike</b> <ol style="list-style-type: none"><li>1. Eyes are focused on the ball throughout the strike</li></ol>	

## **Guidelines for FUNdamental Movement Skills**

Any activity through which an object can be caught or controlled through movement of the hands can be used to facilitate skill. Examples: different type of balls, tennis, soccer, rugby, medicine ball, etc.

All these activities can be informed as individuals, with partners, or as a group activity.

Agility, balance and coordination will also be developed through the above mentioned skills.

*Details for each FUNdamental motor skill can be found in “Twelve FUNdamental Movement Skills” document.*

## **Sport Specific Skills (6 Years)**

### **First three (of ten) basic skills**

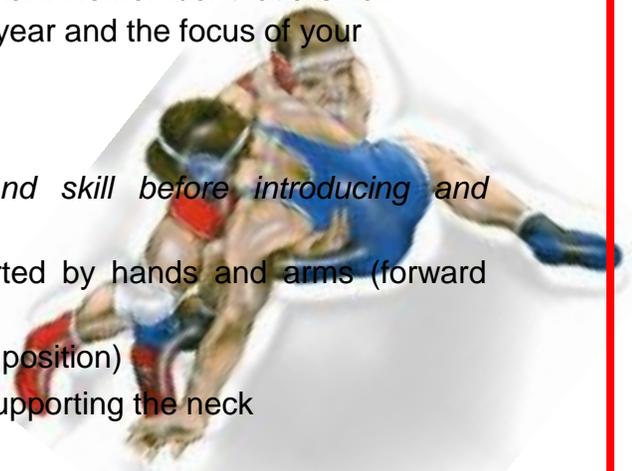
Although we know, that the first three basic skills are essential in performing basic and advanced wrestling techniques, the aim at the age of six years would be to form a basic idea and perception with the wrestler regarding these skills and not perfect execution.

1. Stance in standing and mat position
2. Movement
3. Changing levels of attack

### **Technical skills**

At the age of six years teaching technical skills will be difficult due to the fact that wrestlers are still busy mastering FUNdamental movement skills. Focus on basic technical skills that can be made part of the practice plan. Remember that a small number of skills should be focused on in this specific year and the focus of your teaching should be on one or two skills at a time.

1. Grasping techniques
2. Bridging skills (*evaluate individual strength and skill before introducing and advancing bridging skills*)
  - A. Rolling neck from a kneeled position supported by hands and arms (forward position)
  - B. Performing a bridge onto shoulders (backward position)
  - C. Performing a backward bridge with a partner supporting the neck



3. Start to learn how to fall (Perform a normal forward and backward roll)
4. Contact/ engaging with opponent
  - A. Correct distance from opponent
  - B. Hips should be square and face opponent at all times
  - C. Proper head position in terms of angle and elevation
  - D. Position of elbows
  - E. Engaging of hands
  - F. Correct pulling and pushing of opponent

## Wrestling Games

- Rolling the log
- Rolling Monkey Race
- Centipede (kneeling and standing)
- Hopping (individual, partner and group)
- Bunny hop
- Carioca
- Crab walk
- Seal crawl
- Army crawl (leopard crawl)
- Duck walk
- Wrestler handshake
- Fox tail

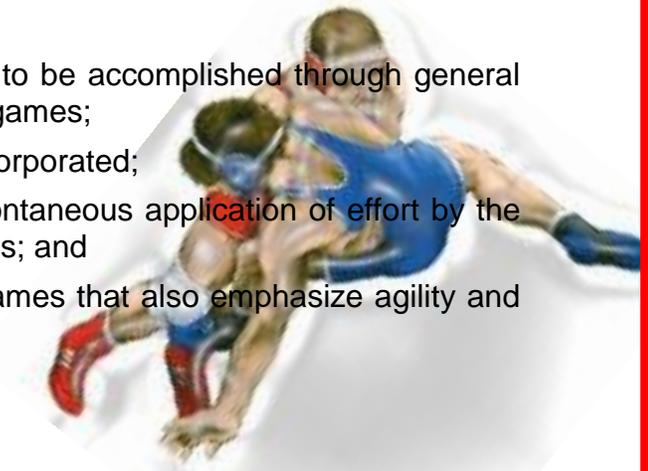
## Other Important Skills

### Suppleness

*To be advised*

### General objectives:

- Develop **FUNDamental movement skills** (running, jumping, throwing, swimming etc.);
- Introduce **ABC's of Athleticism** (agility, balance, coordination, speed);
- Develop **suppleness** (flexibility);
- Priority – agility, balance and coordination to be accomplished through general exercises and a variety of wrestling-related games;
- Short duration speed/agility games to be incorporated;
- Short time **aerobic** efforts – allow for a spontaneous application of effort by the child – no structured time frames or exercises; and
- **Flexibility** exercise to be incorporated in games that also emphasize agility and coordination.



# 7 YEARS

## FUNdamental Movement Skills

### A. Catch

1. Eyes are focused on the ball throughout the catch
2. Preparatory position with elbows bent and hands in front of body
3. Hands move to meet the ball
4. Hands and fingers positioned correctly to catch the ball
5. Catch and control the ball with hands only
6. Elbows bend to absorb force of the ball.

### B. Kick

1. Eyes are focused on the ball throughout the kick
2. Step forward with non-kicking foot placed near the ball
3. Bend knee of kicking leg during the backswing for the kick
4. Kicking leg follows through towards the target after ball contact

### C. Run

1. Eyes focused forward throughout the run
2. Knees bend at right angles during the recovery phase
3. Arms bend at elbows and move in opposition to legs

### D. Hop

1. Eyes focused forward throughout the hop
2. Jump from one foot and land on the same foot, land with the knee bent
3. Arms are tricky for the hop. They are positioned similarly to running but the timing is different.

### E. Skip

1. Eyes focused forward throughout the skip
2. Step forward and then hop on the same foot
3. Do the same with the other foot
4. Swing your arms upward in time with your legs

### F. Vertical Jump

1. Eyes focused forwards or upwards throughout the jump
2. Balanced landing with no more than one step in any direction

### G. Gallop

1. Step to the side and draw the other foot up quickly to the first foot
2. Repeat the action, landing with the same foot
3. Use your arms only as needed for balance
4. Keep your knees bent slightly
5. Lean slightly forward at the waist

### H. Overarm Throw

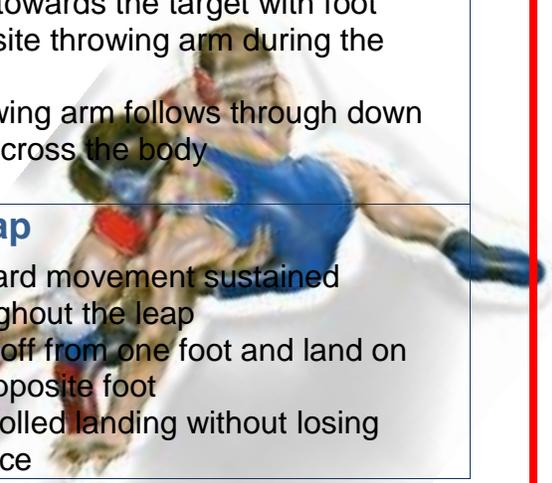
1. Eyes are focused on the target throughout the throw
2. Step towards the target with foot opposite throwing arm during the throw
3. Throwing arm follows through down and across the body

### I. Ball Bounce

1. Contact the ball with the fingers of one hand at about hip height
2. Wrist and elbows bend then straighten to push the ball
3. Ball bounces in front of and to the side of the body

### J. Leap

1. Forward movement sustained throughout the leap
2. Take off from one foot and land on the opposite foot
3. Controlled landing without losing balance



# FUNdamental Movement Skills

## K. Dodge

1. Eyes focused in direction of travel throughout the dodge
2. Dodge repeated from right to left, left to right, and so on

## L. Forehand strike

1. Eyes are focused on the ball throughout the strike
2. Follow through towards the target then around body

### Guidelines

Any activity through which an object can be caught or controlled through movement of the hands can be used to facilitate skill. Examples: different type of balls, tennis, soccer, rugby, medicine ball, etc.

All these activities can be informed as individuals, with partners, or as a group activity.

Agility, balance and coordination will also be developed through the above mentioned skills.

*Details for each FUNdamental motor skill can be found in “Twelve FUNdamental Movement Skills” document.*



# Sport Specific Skills (7 Years)

## First three (of ten) basic skills

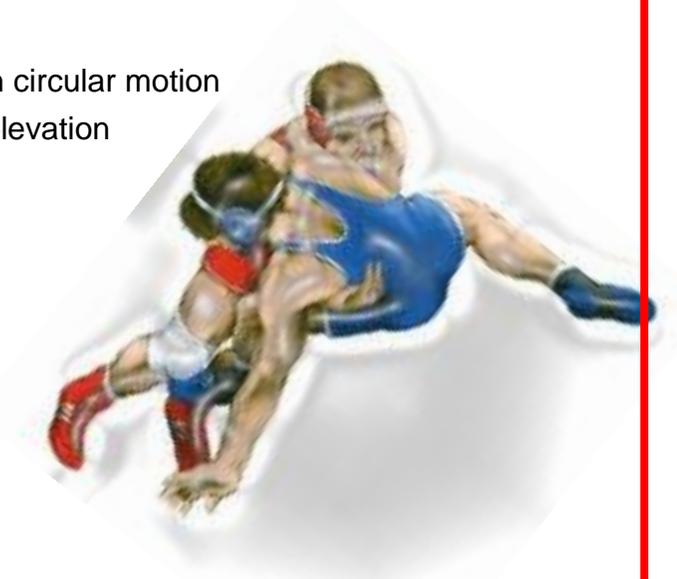
The first three basic skills taught at the age of six will be the building blocks for continuing to further develop the first three basic skills plus two additional skills.

1. Stance in standing and mat position
2. Movement
3. Changing levels of attack

## Technical skills

It is important to consolidate the skills taught at the age of six with a gradual and controlled development of further skills. The focus should be on improved execution of prior learned skills.

1. Grasping techniques
2. Bridging skills (*evaluate individual strength and skill before introducing and advancing bridging skills*)
  - A. Rolling neck from feet supported by hands and arms (forward position)
  - B. Performing a supported backward bridge onto head
  - C. Performing a backward bridge with a partner supporting the neck
3. Learning how to fall – progress from the age of 6 years by introducing higher elevation
  - A. Perform a normal forward and backward roll as well as shoulder rolls
4. Contact/ engaging with opponent
  - A. Correct wrestling distance in standing and mat position
  - B. Hips should be square and face opponent at all times with circular motion
  - C. Engaging with hands
  - D. Position of elbows
  - E. Correct pulling and pushing of opponent with circular motion
  - F. Proper head position in terms of angle and elevation
5. Control positions
  - A. Standing position
    - i. Wrist control
    - ii. Bicep control
    - iii. Head and arm
  - B. Mat position
    - i. Waist, hip and arm control



6. Take downs
  - A. Arm Drag
  - B. Duck under
7. Mat (offence)
  - A. Half Nelson
  - B. Far arm and leg
  - C. Far arm and near leg

## Wrestling Games

- Rolling the log
- Rolling Monkey Race
- Centipede (kneeling and standing)
- Hopping (individual, partner and group)
- Bunny hop
- Carioca
- Crab walk
- Seal crawl
- Army crawl (leopard crawl)
- Duck walk
- Wrestler handshake
- Fox tail

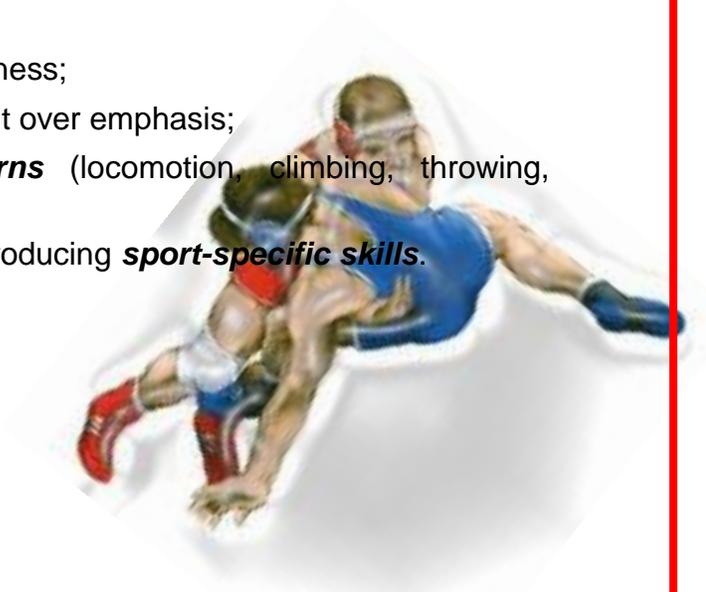
## Other Important Skills

### Suppleness

*To be advised*

## General objectives:

- Fun through wrestling-related **games**;
- Develop general awareness of the body and general fitness;
- Introduction to wrestling **etiquette**;
- **Technical development** and body awareness;
- Focus on development of discipline without over emphasis;
- Develop and refine **movement patterns** (locomotion, climbing, throwing, catching, kicking, etc.); and
- Master **basic movement skills** before introducing **sport-specific skills**.



## 8 YEARS

# FUNdamental Movement Skills

### A. Catch

- Mastered

### B. Kick

1. Eyes are focused on the ball throughout the kick
2. Step forward with non-kicking foot placed near the ball
3. Bend knee of kicking leg during the backswing for the kick
4. Hip extension and knee flexion of at least 90° during preliminary kicking movement
5. Contact the ball with the top of the foot
6. Forward and sideward swing of arm opposite kicking leg
7. Kicking leg follows through towards the target after ball contact

### C. Run

1. Eyes focused forward throughout the run
2. Knees bend at right angles during the recovery phase
3. Arms bend at elbows and move in opposition to legs
4. Body leans slightly forward

### D. Hop

8. Eyes focused forward throughout the hop
9. Jump from one foot and land on the same foot, land with the knee bent
10. Arms are tricky for the hop. They are positioned similarly to running but the timing is different.
11. Body leans slightly forward

### E. Skip

1. Eyes focused forward throughout the skip
2. Step forward and then hop on the same foot
3. Do the same with the other foot
4. Swing your arms upward in time with your legs

### F. Vertical Jump

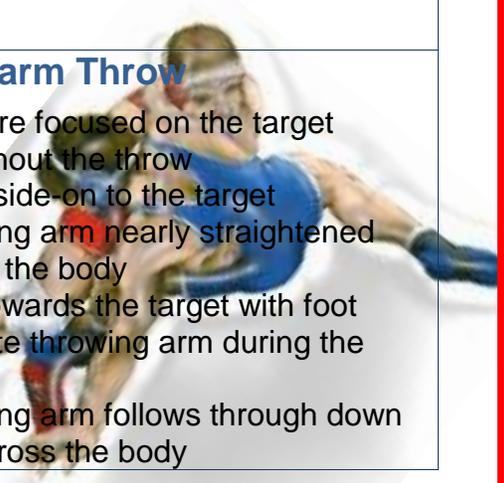
1. Eyes focused forwards or upwards throughout the jump
2. Balanced landing with no more than one step in any direction

### G. Gallop

1. Step to the side and draw the other foot up quickly to the first foot
2. Repeat the action, landing with the same foot
3. Use your arms only as needed for balance
4. Move on the balls of your feet
5. Keep your knees bent slightly
6. Lean slightly forward at the waist

### H. Overarm Throw

1. Eyes are focused on the target throughout the throw
2. Stand side-on to the target
3. Throwing arm nearly straightened behind the body
4. Step towards the target with foot opposite throwing arm during the throw
5. Throwing arm follows through down and across the body



# FUNdamental Movement Skills

## I. Ball Bounce

1. Contact the ball with the fingers of one hand at about hip height
2. Wrist and elbows bend then straighten to push the ball
3. Ball bounces in front of and to the side of the body Eyes focused forward throughout the bounce
4. Contact the ball with the fingers of one hand at about hip height
5. Wrist and elbows bend then straighten to push the ball
6. Hips and knees slightly flexed during the bounce
7. Ball bounces in front of and to the side of the body

## J. Leap

1. Forward movement sustained throughout the leap
2. Eyes focused forward throughout the leap
3. Take off from one foot and land on the opposite foot
4. During flight legs are straightened with the arms held in opposition to legs
5. Controlled landing without losing balance

## K. Dodge

1. Eyes focused in direction of travel throughout the dodge
2. Change direction by pushing off outside foot
3. Body lowered during change of direction
4. Change of direction occurs in one step
5. Dodge repeated from right to left, left to right, and so on

## L. Forehand strike

1. Eyes are focused on the ball throughout the strike
2. Stand side-on to the target with bat held in one hand
3. Striking hand nearly straightened behind shoulder at end of backswing
4. Step towards target with foot opposite striking arm during the strike
5. Ball contact made opposite front foot with straight arm
6. Follow through towards the target then around body



# Sport Specific Skills (8 Years)

## First five (of ten) basic skills

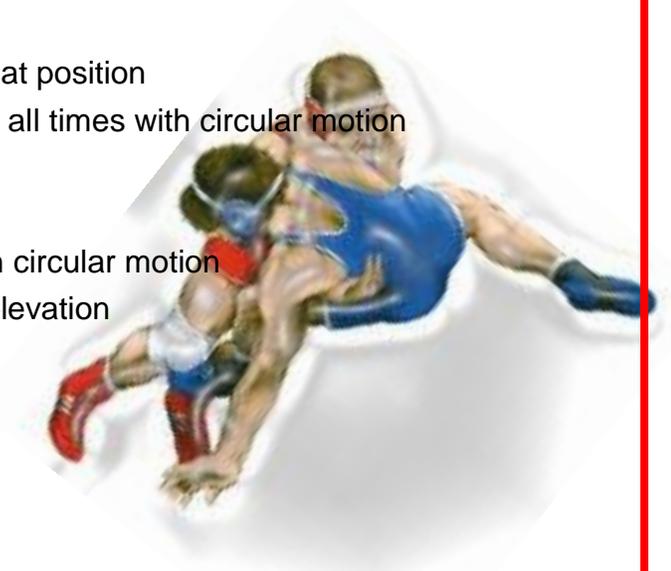
The first three basic skills taught at the age of seven will be the building blocks for continuing to further develop the first three basic skills plus two additional skills.

1. Stance in standing and mat position
2. Movement
3. Changing levels of attack
4. Penetration
5. Lifting

## Technical skills

Although technical skills are essential in being successful as a wrestler, learning and performing certain basic technical skills form the basis for the successful advancement of technical skills.

1. Hand grips/ Grasping techniques
2. Bridging skills (*evaluate individual strength and skill before introducing and advancing bridging skills*)
  - A. Rolling neck from feet supported by hands and arms (forward position)
  - B. Performing a supported backward bridge onto head
  - C. Performing a backward bridge with a partner supporting the neck
  - D. Performing front and back bridging unassisted from knees
3. Learning how to fall – progress from the age of 7 years by introducing higher elevation.
  - A. Perform a normal forward and backward roll as well as shoulder rolls.
  - B. Increase elevation through the use of a partner
4. Contact/ engaging with opponent
  - A. Correct wrestling distance in standing and mat position
  - B. Hips should be square and face opponent at all times with circular motion
  - C. Engaging with hands
  - D. Position of elbows
  - E. Correct pulling and pushing of opponent with circular motion
  - F. Proper head position in terms of angle and elevation



5. Control positions
  - A. Standing position
    - i. Wrist control
    - ii. Bicep control
    - iii. Head and arm
  - B. Mat position
    - i. Waist, hip and arm control
6. Take downs
  - A. Arm Drag
  - B. Duck under
7. Mat (offence)
  - A. Half Nelson
  - B. Far arm and leg
  - C. Far arm and near leg

### **Wrestling Games**

- Rolling the log
- Rolling Monkey Race
- Centipede (kneeling and standing)
- Hopping (individual, partner and group)
- Bunny hop
- Carioca
- Crab walk
- Seal crawl
- Army crawl (leopard crawl)
- Duck walk
- Wrestler handshake
- Fox tail

## **Other Important Skills**

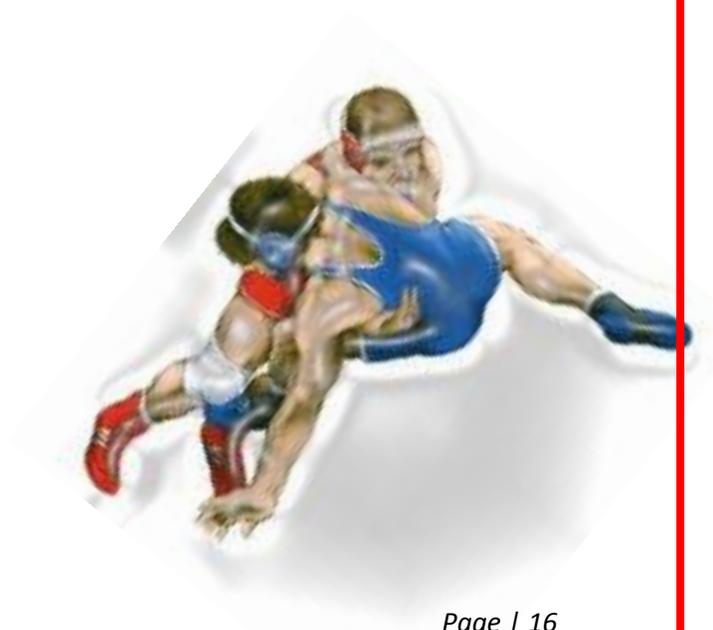
### **Suppleness**

*To be advised*



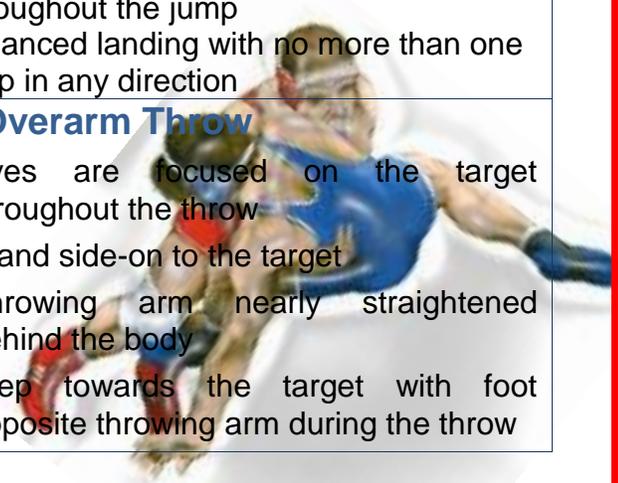
# General objectives:

- Fun through wrestling-related **games**;
- Develop general awareness of the body and general fitness;
- Introduction to wrestling **etiquette**;
- **Technical development** and body awareness;
- Focus on development of discipline without over emphasis;
- Develop and refine **movement patterns** (locomotion, climbing, throwing, catching, kicking, etc.);
- Master **basic movement skills** before introducing **sport-specific skills**.
- **Basic sports specific skills**; and
- **Basic wrestling techniques** in standing and mat positions



# 9 YEARS

## FUNdamental Movement Skills

<p><b>A. Catch</b></p> <ul style="list-style-type: none"><li>• Mastered</li></ul>	<p><b>B. Kick</b></p> <ul style="list-style-type: none"><li>• Mastered</li></ul>
<p><b>C. Run</b></p> <ol style="list-style-type: none"><li>1. Eyes focused forward throughout the run</li><li>2. Knees bend at right angles during the recovery phase</li><li>3. Arms bend at elbows and move in opposition to legs</li><li>4. Contact ground with front part of foot</li><li>5. Body leans slightly forward</li></ol>	<p><b>D. Hop</b></p> <ol style="list-style-type: none"><li>1. Eyes focused forward throughout the hop</li><li>2. Jump from one foot and land on the same foot, land with the knee bent</li><li>3. Arms are tricky for the hop. They are positioned similarly to running but the timing is different.</li><li>4. Arm at same side as hopping foot should swing back at as far forward as the body. Arm at same side as non hopping foot should swing forwards and back to body level.</li><li>5. Non jumping leg (swing leg) should be bent behind individual. With practice this leg will assist the hop by 'kicking' back</li><li>6. Body leans slightly forward</li></ol>
<p><b>E. Skip</b></p> <ul style="list-style-type: none"><li>• Mastered</li></ul>	<p><b>F. Vertical Jump</b></p> <ol style="list-style-type: none"><li>1. Eyes focused forwards or upwards throughout the jump</li><li>2. Crouch with knees bent and arms behind body</li><li>3. Forceful upward thrust of arms as legs straighten to take off</li><li>4. Contact ground with front part of feet and bend knees to absorb force of landing</li><li>5. Balanced landing with no more than one step in any direction</li><li>6. Eyes focused forwards or upwards throughout the jump</li><li>7. Balanced landing with no more than one step in any direction</li></ol>
<p><b>G. Gallop</b></p> <ul style="list-style-type: none"><li>• Mastered</li></ul>	<p><b>H. Overarm Throw</b></p> <ol style="list-style-type: none"><li>1. Eyes are focused on the target throughout the throw</li><li>2. Stand side-on to the target</li><li>3. Throwing arm nearly straightened behind the body</li><li>4. Step towards the target with foot opposite throwing arm during the throw</li></ol> 

# FUNdamental Movement Skills

	<ol style="list-style-type: none"> <li>5. Marked sequential hip to shoulder rotation during the throw</li> <li>6. Throwing arm follows through down and across the body</li> </ol>
<p><b>I. Ball Bounce</b></p> <ul style="list-style-type: none"> <li>• Mastered</li> </ul>	<p><b>J. Leap</b></p> <ul style="list-style-type: none"> <li>• Mastered</li> </ul>
<p><b>K. Dodge</b></p> <ul style="list-style-type: none"> <li>• Mastered</li> </ul>	<p><b>L. Forehand strike</b></p> <ol style="list-style-type: none"> <li>1. Eyes are focused on the ball throughout the strike</li> <li>2. Stand side-on to the target with bat held in one hand</li> <li>3. Striking hand nearly straightened behind shoulder at end of backswing</li> <li>4. Step towards target with foot opposite striking arm during the strike</li> <li>5. Marked sequential hip to shoulder rotation during the strike</li> <li>6. Ball contact made opposite front foot with straight arm</li> <li>7. Follow through towards the target then around body</li> </ol>

## Guidelines

Any activity through which an object can be caught or controlled through movement of the hands can be used to facilitate skill. Examples: different type of balls, tennis, soccer, rugby, medicine ball, etc.

All these activities can be informed as individuals, with partners, or as a group activity.

Agility, balance and coordination will also be developed through the above mentioned skills.

*Details for each FUNdamental motor skill can be found in “Twelve FUNdamental Movement Skills” document.*



# Sport Specific Skills (9 Years)

## First five (of ten) basic skills

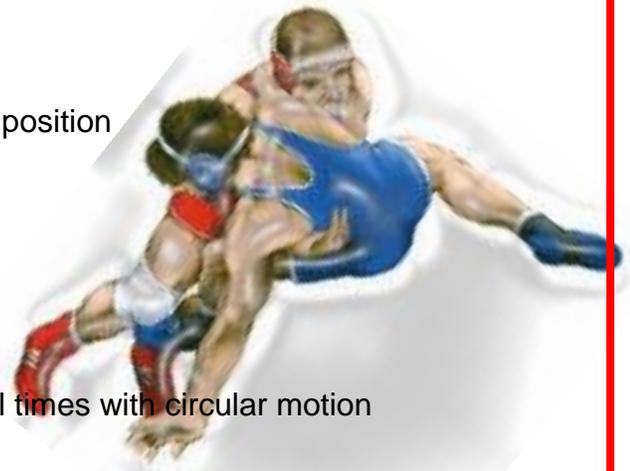
The first five basic skills taught at the age of eight will be the building blocks for continuing to further develop the first five basic skills.

1. Stance in standing and mat position
2. Movement
3. Changing levels of attack
4. Penetration
5. Lifting

## Technical skills

Although technical skills are essential in being successful as a wrestler, learning and performing certain basic technical skills form the basis for the successful advancement of technical skills.

1. Hand grips/ Grasping techniques
2. Bridging skills (*evaluate individual strength and skill before introducing and advancing bridging skills*)
  - A. Rolling neck from feet supported by hands and arms (forward position)
  - B. Performing a supported backward bridge onto head
  - C. Performing a backward bridge with a partner supporting the neck
  - D. Performing bridges - front and back on feet supported by hands
3. Learning how to fall - progress from the age of 8 years by introducing higher elevation.
  - A. Perform a normal forward and backward roll as well as shoulder rolls
  - B. Performing forward diving rolls
  - C. Backward roll with extension
  - D. Cartwheel
4. Contact/ engaging with opponent
  - A. Correct wrestling distance in mat and standing position
    - i. Keeping straight lines
  - B. Engaging with hands
  - C. Head position
    - i. Elevation
    - ii. Angle
  - D. Hips should be square and face opponent at all times with circular motion



- E. Position of elbows
- F. Correct pulling and pushing of opponent with circular motion
- 5. Control positions
  - A. Standing position
    - i. Wrist control
    - ii. Bicep control
    - iii. Head and arm –(collar and inside elbow)
  - B. Mat position
    - i. Waist, hip and arm control
- 6. Take downs
  - A. Arm Drag
  - B. Duck under
  - C. Front headlock
- 7. Mat (offence)
  - A. Half Nelson
  - B. Far arm and leg
  - C. Far arm and near leg
  - D. Basic gut wrench
- 8. Mat (defence)
  - A. Proper body position – focus on arms, head and hips
  - B. Basic movement skills on mat
  - C. Basic gut wrench defence
- 9. Basic Techniques
  - A. Standing position
    - i. Single Leg – Inside and outside
    - ii. Basic double leg
    - iii. Basic Throws
      - Arm Throw
      - Fireman’s Carry
  - B. Mat position
    - i. Cross face options
    - ii. Arm bar series (chicken wing, half nelson)
    - iii. Basic gut wrench



## Live wrestling

Starting to introduce live wrestling as part of the training session with minimal wrestling time especially in a one on one position, focus on group work.

1. One on one
  - A. From standing position for short periods with focus on head and arm control
2. Groups of four to five
  - A. For short periods of time
3. Situation wrestling
  - A. From different starting positions for example:
    - i. Par Terre
    - ii. Standing position

## Wrestling Games

### General Games

- Rolling the log
- Rolling Monkey Race
- Centipede (kneeling and standing)
- Hopping (individual, partner and group)
- Bunny hop
- Carioca
- Crab walk
- Seal crawl
- Army crawl (leopard crawl)
- Duck walk
- Wrestler handshake
- Fox tail
- Spider fight
- Bone fight
- Bull riding

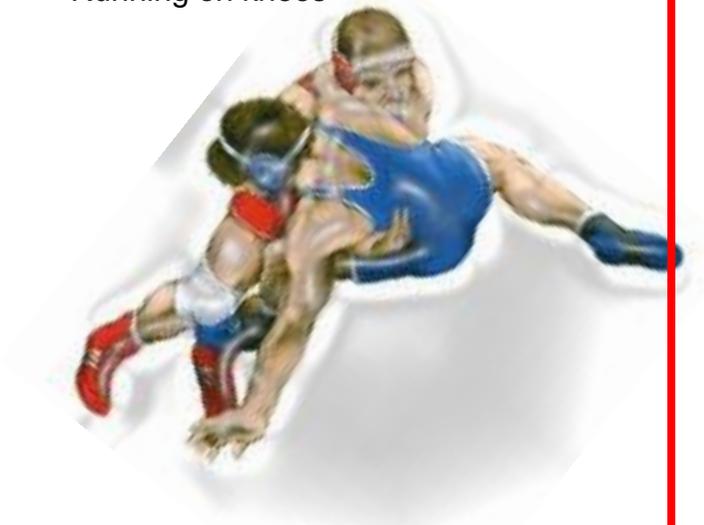
### Group Specific Games

- Touch rugby
- Soccer
- Knee Tag
- Relays  
Crab walk, Walking on hands  
Running on knees

## Other Important Skills

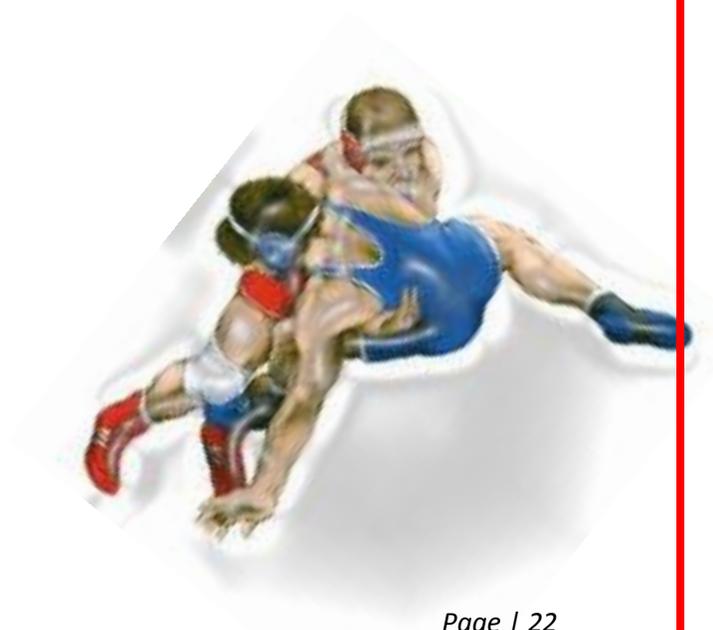
### Suppleness

*To be advised*



# General objectives

- Consolidate previously learned **skills**;
- Learn and develop **specific basic** wrestling skills in standing and mat positions;
- Emphasis on games and general fitness development;
- **Develop strength** using child's own body weight, medicine balls, Swiss balls;
- Develop **stamina** through games and relays;
- Further **develop speed** by specific activities;
- Emphasizing agility, quickness and change of direction;
- Further **develop suppleness**;
- **Ethical** behaviour and fair play; and
- **Mental training** introduced and developed depending on individual maturity.



## 10 YEARS

### FUNdamental Skills

By the age of ten the FUNdamental movement skills should have been mastered. In cases where wrestlers are lacking these skills it should be incorporated into their individual training schedules as remedial coaching.

### Sport Specific Skills

#### Seven (of ten) basic skills

The first five basic skills taught at the age of nine will be the building blocks for continuing to further develop the seven basic skills.

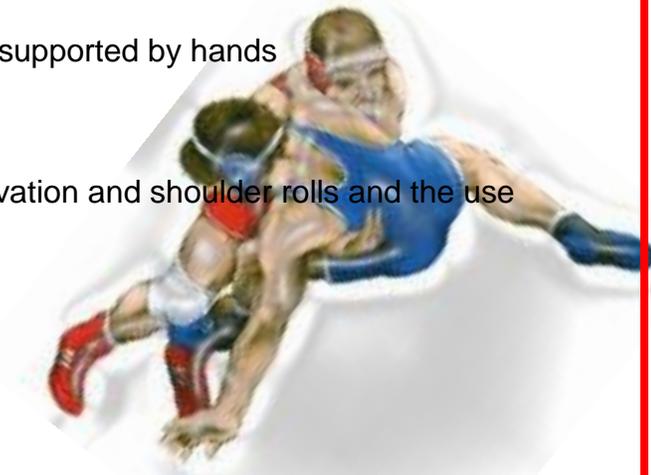
1. Stance in standing and mat position
2. Movement
3. Changing levels of attack
4. Penetration
5. Lifting
6. Placement of feet
7. Back step

*Last three sport specific skills will be incorporated into technical and live wrestling skills*

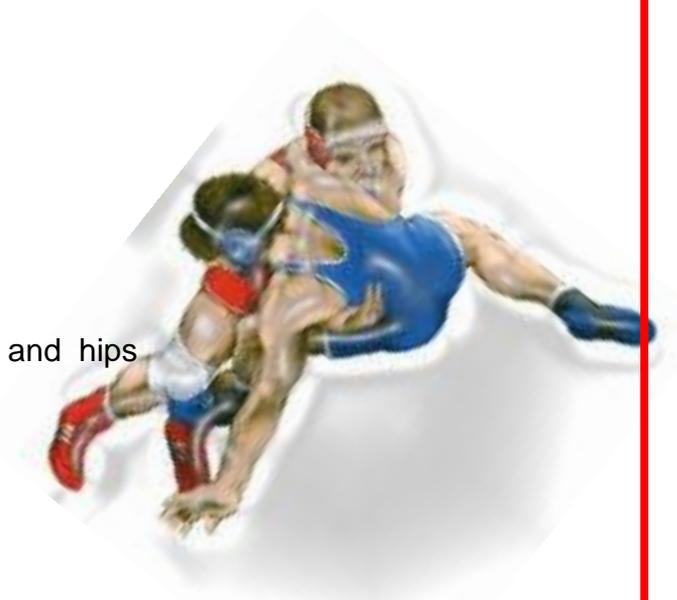
#### Technical skills

Although technical skills are essential in being successful as a wrestler, learning and performing certain basic technical skills form the basis for the successful advancement of technical skills.

1. Hand grips/ Grasping techniques
2. Bridging skills (*evaluate individual strength and skill before introducing and advancing bridging skills*)
  - A. Performing bridges - front and back on feet supported by hands
  - B. Slow progression to unsupported bridges
3. Learning how to fall
  - A. Progress from the age of 9 years at high elevation and shoulder rolls and the use of a partner
  - B. Performing forward diving rolls
  - C. Backward roll with extension
  - D. Cartwheel
  - E. Focus on landing position



4. Contact/ engaging with opponent
  - A. Correct wrestling distance in mat and standing position
    - i. Keeping straight lines
  - B. Engaging with hands
  - C. Head position
    - i. Elevation
    - ii. Angle
  - D. Hips should be square and face opponent at all times with circular motion
  - E. Position of elbows
  - F. Correct pulling and pushing of opponent with circular motion
  - G. Set ups
    - i. Start to focus on set ups through proper control mechanisms
    - ii. Introduce and focus on back step
5. Control positions
  - A. Standing position
    - i. Wrist control
    - ii. Bicep control
    - iii. Head and arm (collar and inside elbow)
    - iv. Introduce under hook, over hook and 2 on 1
  - B. Mat position
    - i. Waist, hip and arm control
    - ii. Front head and arm control
    - iii. Basic body lock
6. Take downs
  - A. Arm Drag
  - B. Duck under
  - C. Basic 2 on 1 take down
  - D. Front headlock positions
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  - B. Far arm and leg
  - C. Far arm and near leg
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  - A. Standing position
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## Live wrestling

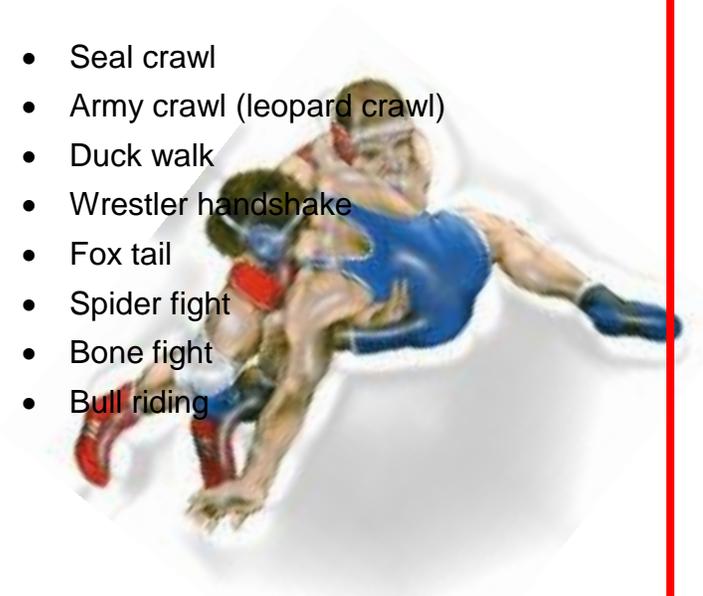
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