

Name: _____

Age: _____

1) Developing Strong Foundations

This course provides athletes to focus on developing strong foundations. Athletes should be encouraged to continue to develop these same basic exercises at a more advanced level as they progress. The same applies to the wrestling techniques. Athletes should be encouraged to further their development once they have mastered the key fundamentals to allow for a strong base of foundation to complement their main sport or to help progress further in their wrestling.

Dynamic Exercises

Dynamic movement forms the basis of a wrestler's physical training. Their purpose is to develop such qualities as strength, balance, speed, co-ordination and flexibility. Whilst this workshop only deals with a few basic dynamic exercises, athletes are encouraged to continue to learn new and advanced dynamic exercises to progress their development in the areas already referred to. These exercises will compliment their wrestling skills and any other sport they wish to improve in.

- | | |
|---|---|
| <input type="checkbox"/> Forward Roll | <input type="checkbox"/> Dive Roll |
| <input type="checkbox"/> Backward Roll | <input type="checkbox"/> Dive Roll over partner |
| <input type="checkbox"/> Backward Roll to straight arms | <input type="checkbox"/> Cartwheel |

Strength Exercises

Strength is very important in an athletes make-up as they must have the ability to overcome outer resistance or oppose it at the expense of muscular efforts.

- | | |
|---|---|
| <input type="checkbox"/> Squats with leg hold | <input type="checkbox"/> 80 Sit-ups in 2 minute |
| <input type="checkbox"/> Body lock overturns | <input type="checkbox"/> 2 minute double Dead hangs |
| <input type="checkbox"/> 60 Press-ups in 2 minute | <input type="checkbox"/> Rope climbs |
| <input type="checkbox"/> Arm wrestling | |

Exercises to develop speed and co-ordination

Speed for an athlete or wrestler is the ability to perform actions in the shortest time possible.

- Legs throw back on command
- Legs throw back on the move on command
- Who can step behind opponents back fastest
- Run around opponent

Exercises to develop flexibility

Flexibility is defined by the mobility of joints, elasticity of ligaments, muscles and by the athlete or wrestlers general physical condition.

- Alternate arms linked behind the back
- Arch and bridge from lying position
- Legs wide apart, body to the left, right and forward
- Alternate bringing legs behind the head
- Seated, straight legs outstretched, touching toes

2) Fundamental wrestling techniques

Stance and Grips

The fundamentals of any wrestler should be taught to distinguish between high, medium and low stances.

- High
- Medium
- Low

In the ground position the wrestler touches the mat with either 3 or 4 points of contact.

Ground position

Distance is the space between the wrestlers in the bout. It can be close, medium or open

- Close
- Medium
- Open

Ways of gripping with hands/arms in wrestling. Young wrestlers should be taught hand/arm grips that are common in freestyle wrestling

- Hook
- Lock
- Wrist Grip by one hand
- Cross Hand
- Elbow Grip by one hand
- Elbow Grip two hands

Holds in freestyle wrestling

Attacking holds in freestyle wrestling is the action that makes it possible to hold some part of the opponent's body in order to disrupt their activity and the application of counter techniques.

- Double arm lock
- Head and shoulder hold from above
- Single leg grip with both hands

Ways to break the balance of opponents

- Forward
- Backward
- To the left
- To the right

Special Exercises

The Bridge should be mastered from the start as it is included in bouts at all stages of the sport.

- Head support on the mat on bent arms, circular moves forward and backward, to the left and to the right
- Head support on the mat without support of arms, circular moves forward and backward, to the left and to the right
- Turns over on the bridge with body lock

Defence against leg attacks

All wrestlers need to learn the defence against leg attacks to perfection. If they don't they have no chance of becoming a good wrestler.

- Kick back legs on command
- Kick back legs on an arm gesture

A few fundamental holds

Standing position

- Duck under
- Single leg to double leg attack

Ground Position

- Double arm hold from side
- Arm bar