

# Summer wrestling: “The Grind”

**THE GOAL:** Basic Grit, Mat Pressure’ and High- percentage Finishes, THE BASICS

## **Tuesday& Thursday: Technical Foundations**

**Time: 8:00 AM – 10:30 AM ( 2.5 hours)**

### **08:00 – 08:20| Warm -up & Agility**

Tumbling (front/back rolls, cartwheels), neck bridges, and shadow wrestling.

**Drill “Stance & Motion”-** Focus on staying low and keeping hands active for 5 continuous minutes.

### **08:20-8:50 | Hand-Fighting & Setups**

**The Focus:** Controlling the inside tie and heavy snap-downs.

**Footwork:** Constantly Moving your feet

**Basics:** Clearing collar ties and using “elbow pass” to create an angle for the shot

### **08:50-9:35 | Neutral Attacks (High Percentage)**

**Tuesday:** Double leg – Focus on level change, penetration step, and “driving through using their head”.

**Tuesday:** Single leg – Focus on level change, foot position and finishes (2)

**Thursday:** High-Crotch to a Finish – Focus on the switch to the double or the “crack-down finish”.

**Thursday:** Ankle Picks – Focus on level change, throwing head and ankle is scissor motion, set-up.

### **09:35-10:00 | Bottom: The First Whistle**

**The Focus:** Explosion off the whistle to a stand- up.

**Basics:** Clearing the hands, hand control and “hip heisting” to face the opponent.

### **10:00-10:20 | Top: Tight Waist & Ankle Breakdown**

**The Set-up:** On the whistle, drive weight forward at a 45-degree angle.

**The Mechanics:** Deep tight waist (palm up on far hip) while cupping the near ankle and pulling it to their butt lifting the knee off the mat.

**The Finish:** “Chest-on-Back” pressure-knees off the mat-driving them flat. Transition to a Half-Nelson while.

### **10:20-10:30 | Cool down & Recap**

Static stretching and a “Move of the Day” review

## **Saturday: Strength, Conditioning & Live**

### **Time: 08:45-09:00 | Active Hydration & Light Drilling (In and Out)**

Quick water break followed by light movement to keep the muscles warm for live goes.

### **09:00-09:45 | Situational “Position” Live**

**The Breakdown Battle:** 30-seconds goes starting in Referee’s Position. Top man must get the Tight Waist/Ankle breakdown immediately; Bottom man must get to his feet.

**The Edge:** Live wrestling starting on the line. Focus on clearing the edge or driving the opponent out.

### **09:45-10:45 | Full Live Wrestling**

**Simulated Matches:** Full 2-2-2 periods with 1 minute rest between matches.

**Chain Wrestling rules:** If you hit a shot and it’s blocked, you must immediately transition to the next attack. No “resting” on a stalemate

### **10:45-11:00| The “Empty the Tank” Finisher**

**Mat Suicides:** Sprints across the width of the mat.

**Stance & Motion:** 5 minutes non-stop. Every whistle is a sprawl and a re-shot

### **3 Keys for Summer Success**

- 1. Stance, Level change, pressure, conditioning**
- 2. Learning to embrace the grind of wrestling**
- 3. Lay the Foundation to build your culture of the team**