

# “Back Points”

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## Happy Holidays

Before I get rambling on a bunch of wrestling talk, I'd like to wish all of you a safe a happy holiday season and a happy new year. Although wrestling is one of the most important things in our lives, I hope that everyone will take a short break and spend time with family and friends this time of year. I know I wouldn't be even close to where I am without my family and I'm sure everyone else feels the same.

## Holiday Tournaments

Okay...now onto wrestling! This time of year always brings out some of the best competition between all divisions at the various holiday high school tournaments. These seem to provide everyone with a strong mid-season test, and a chance to prove their mettle against some of the other top competitors. Whether you're at the "On the Water", "Northern Exposure", "Mid-States", "Bi-State" or another event, the competition will be deep and fierce. Nonetheless, all of our competitors should use these events as a stepping-stone to the WIAA State Tournament. In addition to the tough competition there are other opportunities for you to learn and improve from. Typically the stands are full so you can learn how to compete in front of a big crowd, by either feeding off it, or forgetting they're even there. You test your endurance and conditioning by wrestling multiple, quality, matches in a day or sometimes two. I encourage wrestlers involved in these events to **stay focused on strong basic skills** in the tough matches. Even if you are a dominant athlete, focus on areas to improve yourself. As you progress throughout the tournament, a **strong stance with constant motion** will keep you in all the close matches. Being **consistently on the attack** with **smart, steady pressure** will help to wear your opponent down and create openings for scoring opportunities. Work on "**extending your lead**" against quality opponents. I don't encourage taking big risks and trying to put on a show. I mean a steady, aggressive presence with your back to the center, staying in the opponent's face, breaking his stance, and wearing him out. Often times, this leads to him taking a poor shot for you to capitalize on.

## Mini-Clinics

As the State Coach I am willing and eager to provide free clinics to USA Sanctioned clubs. I want to help our USA/WWF clubs to improve as well as implement a system of "State Technique". Recently I've been to Kewaskum for the "Indians" youth club and will be doing a clinic in Sauk Prairie in January, as well as doing a mini-clinic the morning of the Hartford Youth Tournament January 14th. If any WWF club would like me to put on a short clinic after weigh-ins at their tournament, please contact me. Generally a one-hour clinic provides the kids and parents something to do while the host school is bracketing. My availability will be on a first come, first serve basis. If your club is interested, please contact me ASAP.

## December 29<sup>th</sup>/30<sup>th</sup> Coaches Clinics

United States Olympic Education Center Coach Ivan Ivanov will be on campus at UW-Oshkosh on Friday December 29<sup>th</sup>. Ivan will be putting on a free clinic for coaches from 9:30-10:30am. Special emphasis will be put on using his new Bulgarian Power Bag and the benefits it can have to your program. To explore the Power Bag, please visit [www.wcwusa.com](http://www.wcwusa.com) On December 30<sup>th</sup> I will be conducting a clinic that involves a live practice with my college athletes from 7-8:30am. All are welcome to watch as I put them through a variety of body position drills we use on a daily basis, teach technique, and cover a variety of conditioning exercises that may be beneficial for your team. This will take place in the Kolf Sports Center Field house. If you would like to attend, please contact me.

## Practice Plans

And as always, the pages that follow will be weeks 7 and 8 of our youth practice plans. I truly appreciate the positive feedback I have been receiving on these and I'm glad I can help. Some coaches have been contacting me asking specific questions about the games and language on the technique. Thank you for doing this. It let's me know that coaches are out there using these as a resource and I encourage everyone conducting a youth club in our state to at least review them for ideas.

See you on the mats,  
Mike DeRoehn  
WWF State Coach

## Week 7-Day One

### 10-Warm up and Stretch

5-Game-“Push up Freeze Tag” (one guy is “it” for about 20-30 seconds; if you get tagged, do 5 push ups then stand up with feet spread and hands on your head; to get free someone else has to penetrate between your legs. Coach chooses someone new to be “it” after 30 seconds)

15-Drilling-Review Breakdowns/Hammerlock Series from Week 6  
(Stop first move, spiral, -snowplow, -cruncher, -cradle, and -Oklahoma)

5-Live Situations from all hammerlock positions

5-Drink/Game-“Turtle” (all wrestlers down on mat on their knees. Every man for himself, trying to turn someone over to their back using a half, arm bar, or hammerlock. If you get turned, you go out to the side. Last man in remaining wins.)

### 20-Technique-Begin Defense

- Lines of Defense (Head, hands, level change, and circle)
- Down-blocks/Cross-blocks
- Shot → counter-shot

### 2-Drink/headgear

### 20-Live wrestling

- Groups of Three, 1 minute goes
- Top, bottom, out
- Out man do 10 push-ups, 10 crunches, and 10 squats

### 5-Conditioning

- Three man drill with leg attacks; Label each man “A, B, or C”
- “A” man stays in for a minute and executes a leg attack (set-up and finish) on “B”
- As soon as he stands up and turns around, “C” is in his face waiting and “A” executes another takedown. He continues through this rotation for 1 minute. Repeat with “B” and “C”.

### 3-Game-Squirrel Tails

- Everybody takes off their shirt and tucks it into the back of their shorts.
- Every man for himself running around the room trying to steal the other “squirrel’s” tails. Last man with his tail wins. This can be done either where you allow the kids to steal tails from behind or make them challenge others face to face.

## Week 7-Day Two

10-Warm up and Stretch

5-Shadow Drill

30-Drilling

5-Double and High Crotch \*\*directly to a half\*\*

5-High Single

5- Half Series

5- Arm Bars

5-Hammerlocks

5- Live Situations from all positions above (10-15 seconds each)

5-Drink/Game-Blue, Black, Baloney

-Split the group in half and put them in two groups, “blue or black”. Have them line up in the middle of the mat/room facing each other with about 5 feet in between the two groups. -A coach stands on one end and calls out “blue”, “black” or “baloney”.

-If he calls blue, the blue team runs away (to the wall or edge of mat) with the black team chasing them. If a person on the black team tags someone from blue, then that person must join the black team. Bring them back to the center and repeat calling out either color. -“Baloney” is considered a “wild card”. If coach calls “baloney” and someone from either team moves, they must join the other team.

20-Technique-Double and High Crotch Defense

Double -Hip in, smash head down (not crossface), rib jam and sprawl

-Square hips over opponent’s head as you slide down and away

-Work to hit a backhand “go-behind” immediately

-If opponent still has grip on legs, thumb-block on his hips and scoot down and away, then work to backhand around

High Crotch- Block opponent’s attack arm at the elbow, then hip in, smash head down (not crossface), rib jam and sprawl

-Square hips over opponent’s head as you slide down and away

-Work to hit a backhand “go-behind” immediately

-If opponent still has a grip on your leg, attack his shoelace and turn same side hip in to knock off his base. Immediately take your free hand behind his armpit and high leg over.

2-Drink/Headgear

15-Live Wrestling-5 min matches x 3

5-Conditioning-1 min each man with 30 seconds rest between

1. Ski/jumps with other man doing push ups 2. Leapfrog

3-Cool down game-“Steal the shoe”

-Have all kids untie and loosen their shoes, then get down on hands and knees.

-Every man for himself, goal is to take off everyone’s shoes. Last man in with at least one shoe on wins.

## Week 8-Day One

10-Warm up and Stretch

5-Game-Chain Tag

20-Drilling

- 5-Lines of Defense, down-blocks, cross-blocks, to a backhand go-behind

- 5-Shot → countershot

- 5-Double defense/Hi-C defense

- 5-Live Situations from double and hi-c

5-Drink/Game-Spinning Bear

-“A” man is down on hands and knees; “B” is in front in a down-block position. “B” man tries to backhand go-behind both sides while “A” man tries to keep him out front. Go about 30 seconds each and choose multiple partners.

25-Technique-Single Defense

- Whizzer, hip in, smash head down, and sprawl with laces flat on the “attacked” leg

- Square hips over his head and work down and away, then backhand go-behind

- If opponent stays locked on leg, work for “reverse butt drag”

- OR attack opposite side ankle and continue squaring hips over in that direction

- If on the feet, work to attack elbows, shoulder dip, and get leg to the mat

2-Drink/Headgear

15-Live wrestling

- 20-30 second goes; live situations on all positions; loser does 5 push-ups

- Give positive vocal recognition for proper finishes and proper defensive technique

5-Conditioning-Sprint/Jogs alternating 10-second sprints with 20-second jog x 10

5-Cool-down game

- Color Tag

## Week 8-Day Two

10-Warm up and stretch

5-Game-Trees tag

-Similar to freeze tag, but if you get tagged you stand there with outstretched arms and try to tag someone running by. If you tag someone running by, you are free to move again.

30-Drilling

5-Doubles and Hi-Crotches

5-Double and Hi-Crotch defense

5-Singles

5-Single defense

5-Halves/Bars

5-Hammerlocks

5-Drink/Game-Toe tackles

-Have kids partner up and get into an over-under position

-Goal is to use feet to trip or sweep opponent to the mat

-Each time they knock their partner down, he has to do 10 push ups

30-Live wrestling

-Groups of 4; "Shark bait"

-1 min goes with 1 man staying in 3x in a row

-People sitting out must do 10 push-ups each minute

-15 minutes on the feet and 15 minutes on the mat with the fresh guy coming in on bottom

10-Conditioning/Game

-Relay Races