

“Back Points”

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Championship Wrestling

This is a hectic time of year, but certainly the most exciting and well worth it all. Over the past few weeks, I have had the opportunity to participate in one fashion or another at the WIAC Championships, WIAA State Tournament, and the NCAA Division III National Championships. It has been a great chance for me to see some high level wrestling at the high school and college levels. I consider myself to be a student of the sport of wrestling and often find myself studying the athletes that succeed at these high level events. It is very clear to me that the most aggressive wrestler wins the majority of the time. Those who attack more than their opponent put themselves in a position to win. The attacks certainly do vary, whether they are attacking the legs, working for front headlocks and go-behinds, or other takedowns such as arm drags, throw-by, slide-by, etc. But overall the message should be clear to all the young wrestlers who are setting goals to become a State Champion, All-American or NCAA Champion. Always be working to score points, build your lead, and work for a fall while maintaining solid position. If you haven't had the time to view Online Clinics 1 and 2, I encourage you to do so. After watching the wrestling taking place at these events, I feel positive about the techniques and drills covered and feel they will be beneficial in helping you or your team reach your goals.

Youth Regionals/State Tournament

Now that the high school season has come to a close, it will be fun to watch how the WWF Youth Regionals and State Tournament unfold. I always enjoy watching the young wrestlers battle it out on the mat. A note to parents and coaches, as always, try not to put the emphasis on wins and losses. These events are only about the wrestlers' long-term development. In my opinion, if a young wrestler is “watching the numbers” worrying about their record, it is probably weighing on his mind and may do more damage in the long run. They may end up wrestling “tight” (not take risks) because they don't want to make a mistake and take another loss. My goal for the young athletes that I have coached is to teach them how to train hard, proper technique, how to drill, etc. If they win, great! If they lose, fine. How did they compete? i.e. Was he aggressive; was he working to execute technique we've been working on in practice; did he “go hard”? At this stage, if they did these things, it's a victory, no matter what. As I've said before, focus on “execution rather than outcome”. In my opinion it will make a big difference down the road when they are wrestling in high school and hopefully college or beyond.

Copper/Bronze Clinics

Just a friendly reminder about the upcoming opportunities to participate in the National Wrestling Coaches Education Program. I recently completed a Bronze Clinic in Burlington and will do a Copper Clinic on Friday March 23rd beginning at noon at the Alliant Energy Center. More information is available here <http://www.wiwrestling.com/WWF/statecoach/Clinics.html>

Regional Training Sites

The WWF Regional Training Sites will also begin later this month. We have some outstanding instructors available and I'm excited to see how the turnout is at each site. Please take advantage of this opportunity to learn the international styles of wrestling. The benefits are endless and will pay big dividends down the road. I have included the syllabus for the RTS for anyone conducting club practices. Ideally we can all work together to learn the same system of techniques and best prepare our Wisconsin National Teams to succeed in key events. I will be posting the video that accompanies each practice on the WWF webpage as part of my Online Clinics. Again, these can act as just another resource for athletes and coaches in Wisconsin to improve. I hope you find this to be useful.

**Remember that it doesn't cost anything to attend the Regional Training Sites. However you must have a current USA Card to participate. If you don't have one for this year already, please go here to purchase one. <http://www.wiwrestling.com/WWF/membership/index.htm> For up to date information regarding training site locations, days, times, etc. please visit <http://www.wiwrestling.com/WWF/statecoach/regionaltraining.htm> As always, if you have any questions please email me or give me a call using the information above.

See you on the mats,

Mike DeRoehn

Week One-Day One

10- Warm up and Stretch

25-Reviewing Basic Skills (See Online clinic #1)

- 3-Stance-Stance Maintenance drill
- 3- Motion-Shadow drill
- 3-Level Change-Scissor Step drill
- 3-Penetration-attack drill
- 3-Lift/Drive-Up and through drill
- 3-Backstep-Wall twists drill
- 3-Back arch and turn-Walk down the wall drill

45-Technique-Handfighting to a Score (See Online Clinic #2)

**Explain 1 point vs. 2pt or 3pts; exposure;

- Pressure in/Closing the gap
- Pull shot; opponent takes a bad shot and you hit a go-behind

- Snap shot; snap the to mat; arm snaps

- Pass elbow to a shot; slide by

- Drag to the mat; single; to a double

10-Discussion of Rules

- Out of bounds
- 2-2-2 with best 2/3 periods
- Winning when score is tied (least amount of cautions, higher scoring holds, last point scored)
- 6pts=tech
- 5pt throw or two 3 pt ends period, no matter what the score
- Question and answer

Week One-Day Two

10- Warm up

5-Shadow Drill-basic skills

15-Drilling

5-Leg Attacks

5-Pulls/snaps to a go-behind

5-Slide by/Arm drags

40-Technique-Gut Wrench

High Gut

Mid Gut

Low Gut

Trapped Arm

**Explain difference between 2pt and 1pt; explain the 5 second count=1 additional point;

teach guts to be continuous

15-Live Wrestling-Freestyle matches

2-2-2 x 2

*Explain returning to the feet from par terre after no exposure within a reasonable amount of time

5-Cool Down and stretch

*Question and answer

Week Two-Day One

10-Warm up and Stretch

5-Gut lock hangs drill

35-Drilling

- 5-Leg attacks
- 5-Snaps/pulls to a go behind
- 5-Drags/slide by
- 5-High Gut
- 5-Mid Gut
- 5-Low Gut
- 5-Trapped Arm

15-Technique-Basic Par Terre defense

- Glue to the mat
- Motion on bottom
- Attack their hands and move forward
- Stiffen the legs and move forward

****Emphasize subtle but deliberate motion, moving the pressure off, getting heavy where the opponent is attacking****

20-Live wrestling

- Groups of three
- Top, bottom, out
- 30 second goes in par terre

5-Cool down and stretch

- Answer any questions

Week Two-Day Two

10-Warm up and stretch

5-Handfight games

- 1pt if you get behind opponent OR snap him to the mat (hand or knee), OR double underhooks locked up

20-Drilling

- 5-Side to Side gut drill

- 5-Offensive attacks

- 5-Guts

- 5-Par terre defense

30-Technique-Gut Defense

- No lazy elbows

- Attacking the lock with the body

- Moving over the lock; getting it to the soft spot

- High gut defense-chest on lock and moving forward

- Mid gut-looking into the gut, fighting opposite hip down, and moving forward; crawling the fingers out

- Low gut-pushing back; stepping over

- Trapped arm-crawling fingers out; locking hands and extending arms

20-Live wrestling

- 2-2-2 x 3

5-Mat pulls/mat pulls with a partner

5-Cool down and stretch

Week Three-Day One

10-Warm up and Stretch

5-Shadow Drill (back step dive rolls and back arch and turn)

10-Greco hand fighting

- Greco stance
- Emphasize elbows tight/movement on the feet/heavy hands
- Driving with awareness
- PULL!!!
- Look for drags, body locks, underhooks, front headlocks, etc.

5-Explain a Greco match

- 2-2-2 with winning best 2/3 periods
- 1 minute neutral then 30 second clinch x 2; whoever would win the period at that moment takes top; if score is 0-0, flip the coin and whoever wins the flip, takes top.
- If opponent is on their back at the end of the minute the clinch will no longer exist in that period and wrestling will continue as normal for the remainder of the period; Same rule applies if opponent is on his back at the end of the first clinch, wrestling will not be stopped and the remaining 30 seconds will be wrestled through the remainder of the period.
- Answer any questions

30-Technique-Clinch Offense

- Starting position for youth vs. cadet and junior
- Lift to a fall or 3pt/5pt throw
- Change to a front headlock; roll to trapped arm side OR
- Change to a front headlock; roll away from trapped arm side
- Change to a gut

25-Live wrestling

- Greco matches
- 2-2-2 x 3 with a clinch after each minute regardless of position

5-Cool down and stretch

Week Three-Day Two

10-Warm up and stretch

5-Hand drags stance drill

15-Drilling

- 5-pummel/handfight

- 5-guts

- 5-par terre defense/gut defense

30-Technique-Clinch defense

- Outside hip down/scissor legs and go forward

- Stand up and out

- Change over to a score or escape

20-Live wrestling

- Groups of three; top, bottom, out

- 30 second goes from the clinch position

- Wrestle the full 30 seconds in par terre for experience

5-Lock hangs and side-to-side drill

5-Cool down and stretch

Week Four-Day One

10-Warm up and stretch

20-Drilling

5-Side to Side drill on leg attacks for 1 pt.

5-Side to side drill on leg attacks for 3pts.

5-Guts

5-Gut defense

40-Technique-Lace Offense

-Cross knee turn

-Leg lace

-Heal to hand

-Calf half

20-Live wrestling

-2-2-2 x 3

-Freestyle matches

5-Cool down and stretch

Week Four-Day Two

10-Warm up and stretch

20-Drilling-Review Lace offense

5-Cross knee turn

5-Leg lace

5-Heal to hand

5-Calf half

30-Technique-Lace Defense

-Stiff legs and always moving forward

-Base up and attack the head-side hand

-Getting back to the mat quickly as they work for a gut

-Kick 'em over and look for exposure

-Base up and bump

20-Live wrestling

-Groups of three

-Top, bottom, out

-30 second goes in par terre using freestyle technique

5-Shadow Drilling basic skills

5-Cool down and stretch

Week Five-Day One

10-Warm up and Stretch

5-Pummel/handfight game

45-Drilling/Technique

15-Drags-inside out drag

-Greco drag

-Opponent has your wrist

15-Over Under Position

-Slide by

-Pummel to a throw by

-Limp the underhook and change to a front headlock

15-Underhooks

-Throw by

-Drag the other side

-Duck the other side

25-Live wrestling

-Greco matches

2-2-2 x 3 with clinch every period

5-Cool Down and stretch

Week Five-Day Two

10-Warm up and stretch

5-Backstep slide down the arms drill; back arch and turn with a partner drill

15-Drilling-Greco attacks from Week Five-Day one

- 5-Drags

- 5-Underhooks

- 5-Over-under attacks

45-Technique-Throws from over-under position

- Lateral

- Step around body lock

- Back drag to a shoulder throw

- Off balance

15-Live wrestling

- Greco matches

- 2-2-2 x 2

5-Cool down and stretch; answer any final questions heading into Greco State

Week Six-Day One

10-Warm up and stretch

5-Toe tag, Knee tag, Lace tag

45-Technique/Drilling-Defense and front headlocks

- Lines of Defense

- Shot/counter shot

- Down-block to a FHL

 - Go behind

 - Rolling to trapped arm side OR away from trapped arm side

- Head outside defense

 - Rib jam and smash head down □ square hips over his head and slide down; work for a score right away (go behind or FHL)

- Head inside defense

 - Whizzer and smash head down □ square hips over his head and slide down; work for a score right away (go behind or FHL)

20-Live wrestling

- 2-2-2 x 3

- Freestyle matches

5-Live Situations

- 20 second goes

- Double, high crotch on the feet, high crotch on the mat, single on the feet, single on the mat, front headlock

5-Cool down and stretch

Week Six-Day Two

10-Warm up and stretch

5-Hand drags

35-Drilling

- 5-Leg attacks

- 5-Shot/counter shot

- 5-Heavy hip defense to a score (go behind or FHL)

- 5-Guts

- 5-Gut defense

- 5-Lace series

- 5-Lace defense

30-Technique

- Head outside on the feet (freestyle clinch) defense

 - Block attack arm elbow; turn hips and get leg to the mat OR pass the head inside, square hips over his head and slide down the position

- Crotch Lift

- Belly roll

15- live wrestling

- 2-2-2 x 2

- Freestyle matches

5-Cool down and stretch; answer any final questions heading into Freestyle State