

High School Wrestling Practice Plans

Measures E1 E2 E3 E4 E5 E6

Training Max

END MAX

NAME _____

There are 3 training Days Per Week. Each day has 4 weeks. This is a total of 12 training sessions. This can vary with our programs. (4 sessions per week etc)

Same letter = supersets

i.e. a1 and a2, you alternate exercises.

1 set of trap bar, then 1 set of Broad Jump.

SPEDSPEED		Week 1	Week 2	Week 3	Week 4
REP	MOBILITY	1st	2nd	3rd	4th
SQUAT					
CONE LIFT					
<div style="display: flex; justify-content: space-between;"> <div> A1. TRAP BAR DL (DL) </div> <div> 1st 1st 1st 1st 2nd 2nd 2nd 2nd 3rd 3rd 3rd 3rd 4th 4th 4th 4th 5th 5th 5th 5th 6th 6th 6th 6th 7th 7th 7th 7th 8th 8th 8th 8th 9th 9th 9th 9th 10th 10th 10th 10th 11th 11th 11th 11th 12th 12th 12th 12th 13th 13th 13th 13th 14th 14th 14th 14th 15th 15th 15th 15th 16th 16th 16th 16th 17th 17th 17th 17th 18th 18th 18th 18th 19th 19th 19th 19th 20th 20th 20th 20th 21st 21st 21st 21st 22nd 22nd 22nd 22nd 23rd 23rd 23rd 23rd 24th 24th 24th 24th 25th 25th 25th 25th 26th 26th 26th 26th 27th 27th 27th 27th 28th 28th 28th 28th 29th 29th 29th 29th 30th 30th 30th 30th 31st 31st 31st 31st 32nd 32nd 32nd 32nd 33rd 33rd 33rd 33rd 34th 34th 34th 34th 35th 35th 35th 35th 36th 36th 36th 36th 37th 37th 37th 37th 38th 38th 38th 38th 39th 39th 39th 39th 40th 40th 40th 40th 41st 41st 41st 41st 42nd 42nd 42nd 42nd 43rd 43rd 43rd 43rd 44th 44th 44th 44th 45th 45th 45th 45th 46th 46th 46th 46th 47th 47th 47th 47th 48th 48th 48th 48th 49th 49th 49th 49th 50th 50th 50th 50th 51st 51st 51st 51st 52nd 52nd 52nd 52nd 53rd 53rd 53rd 53rd 54th 54th 54th 54th 55th 55th 55th 55th 56th 56th 56th 56th 57th 57th 57th 57th 58th 58th 58th 58th 59th 59th 59th 59th 60th 60th 60th 60th 61st 61st 61st 61st 62nd 62nd 62nd 62nd 63rd 63rd 63rd 63rd 64th 64th 64th 64th 65th 65th 65th 65th 66th 66th 66th 66th 67th 67th 67th 67th 68th 68th 68th 68th 69th 69th 69th 69th 70th 70th 70th 70th 71st 71st 71st 71st 72nd 72nd 72nd 72nd 73rd 73rd 73rd 73rd 74th 74th 74th 74th 75th 75th 75th 75th 76th 76th 76th 76th 77th 77th 77th 77th 78th 78th 78th 78th 79th 79th 79th 79th 80th 80th 80th 80th 81st 81st 81st 81st 82nd 82nd 82nd 82nd 83rd 83rd 83rd 83rd 84th 84th 84th 84th 85th 85th 85th 85th 86th 86th 86th 86th 87th 87th 87th 87th 88th 88th 88th 88th 89th 89th 89th 89th 90th 90th 90th 90th 91st 91st 91st 91st 92nd 92nd 92nd 92nd 93rd 93rd 93rd 93rd 94th 94th 94th 94th 95th 95th 95th 95th 96th 96th 96th 96th 97th 97th 97th 97th 98th 98th 98th 98th 99th 99th 99th 99th 100th 100th 100th 100th 101st 101st 101st 101st 102nd 102nd 102nd 102nd 103rd 103rd 103rd 103rd 104th 104th 104th 104th 105th 105th 105th 105th 106th 106th 106th 106th 107th 107th 107th 107th 108th 108th 108th 108th 109th 109th 109th 109th 110th 110th 110th 110th 111st 111st 111st 111st 112nd 112nd 112nd 112nd 113rd 113rd 113rd 113rd 114th 114th 114th 114th 115th 115th 115th 115th 116th 116th 116th 116th 117th 117th 117th 117th 118th 118th 118th 118th 119th 119th 119th 119th 120th 120th 120th 120th 121st 121st 121st 121st 122nd 122nd 122nd 122nd 123rd 123rd 123rd 123rd 124th 124th 124th 124th 125th 125th 125th 125th 126th 126th 126th 126th 127th 127th 127th 127th 128th 128th 128th 128th 129th 129th 129th 129th 130th 130th 130th 130th 131st 131st 131st 131st 132nd 132nd 132nd 132nd 133rd 133rd 133rd 133rd 134th 134th 134th 134th 135th 135th 135th 135th 136th 136th 136th 136th 137th 137th 137th 137th 138th 138th 138th 138th 139th 139th 139th 139th 140th 140th 140th 140th 141st 141st 141st 141st 142nd 142nd 142nd 142nd 143rd 143rd 143rd 143rd 144th 144th 144th 144th 145th 145th 145th 145th 146th 146th 146th 146th 147th 147th 147th 147th 148th 148th 148th 148th 149th 149th 149th 149th 150th 150th 150th 150th 151st 151st 151st 151st 152nd 152nd 152nd 152nd 153rd 153rd 153rd 153rd 154th 154th 154th 154th 155th 155th 155th 155th 156th 156th 156th 156th 157th 157th 157th 157th 158th 158th 158th 158th 159th 159th 159th 159th 160th 160th 160th 160th 161st 161st 161st 161st 162nd 162nd 162nd 162nd 163rd 163rd 163rd 163rd 164th 164th 164th 164th 165th 165th 165th </div></div>					

High school wrestling practice plans are crucial for developing athletes both in terms of skill and physical conditioning. Wrestling is a demanding sport that requires a combination of strength, agility, technique, and mental toughness. A well-structured practice plan can optimize training sessions, ensure athletes are engaged, and help coaches effectively measure progress. This article will explore essential components of high school wrestling practice plans, including warm-ups, skill development, conditioning, and cool-down strategies.

Key Components of a Wrestling Practice Plan

An effective practice plan consists of several key components that address various aspects of the sport. These components include:

- Warm-up
- Skill Development
- Conditioning
- Live Wrestling
- Cool Down & Review

Each of these components serves a specific purpose and contributes to the overall effectiveness of the practice.

1. Warm-Up

Warming up is essential for preparing the body for the physical demands of wrestling. A good warm-up routine increases heart rate, boosts circulation, and loosens muscles and joints, reducing the risk of injuries.

A typical warm-up might include:

1. Dynamic stretching (leg swings, arm circles, torso twists)
2. Light jogging or shuttle runs (5-10 minutes)
3. Wrestling-specific movements (sprawls, high knees, butt kicks)

Incorporating partner drills can also enhance the warm-up, helping wrestlers become more accustomed to the movements they will need during practice.

2. Skill Development

Skill development is a critical part of high school wrestling practice plans. Focusing on specific techniques allows wrestlers to refine their skills and gain confidence. Coaches should dedicate time to various skills such as takedowns, escapes, reversals, and pinning combinations.

A sample breakdown for skill development might include:

- **Takedowns:**

1. High crotch
2. Double leg
3. Single leg

- **Escapes:**

1. Standing escape

2. Granby roll

3. Hip heist

- **Pins:**

1. Half Nelson

2. Cradle

3. Armbar

In each of these areas, coaches should demonstrate techniques, provide individual feedback, and allow for practice repetitions. Pairing wrestlers to work on skills can encourage peer learning and support.

3. Conditioning

Conditioning is a vital aspect of wrestling, as matches require a high level of endurance and explosive strength. Conditioning drills should be integrated into practice plans to prepare wrestlers for the demands of competition.

Some effective conditioning drills include:

1. Interval sprints (20 seconds on, 10 seconds off)

2. Bodyweight exercises (push-ups, burpees, mountain climbers)

3. Wrestling-specific drills (shark bait, partner carries)

Conditioning should be tailored to the needs of the athletes, taking into consideration their age, skill level, and the time remaining in the wrestling season.

4. Live Wrestling

Live wrestling is the most crucial part of practice, as it allows wrestlers to apply the skills they have learned in a competitive setting. This segment of practice can be structured in different ways:

- **Situational Wrestling:** Start from a specific position (e.g., neutral, top, bottom) to practice techniques in a controlled environment.
- **Shark Bait:** One wrestler stays in the center while others rotate in, providing a challenging and dynamic experience.
- **Match Simulation:** Wrestlers can engage in full matches to mimic the competition experience.

Coaches should closely monitor live wrestling sessions to offer tips, correct techniques, and ensure safety.

5. Cool Down & Review

Cooling down is often overlooked but is essential for recovery and injury prevention. A good cool-down routine might include:

1. Static stretching (focusing on major muscle groups)
2. Breathing exercises to lower heart rate
3. Hydration and nutrition replenishment

Following the cool-down, it is beneficial to hold a brief review session. Coaches can discuss what went well during practice, areas for improvement, and set goals for the next session. This reflection helps reinforce learning and keeps athletes motivated.

Sample Weekly Practice Plan

To further illustrate the components of high school wrestling practice plans, here is a sample layout for a typical week of practice. This plan can be adjusted based on the team's needs, competition schedule, and individual wrestler development.

Monday: Technique Focus

- Warm-Up: Dynamic stretching, light jogging
- Skill Development: Takedown techniques (30 minutes)
- Conditioning: Circuit training (15 minutes)

- Live Wrestling: Situational drills (30 minutes)
- Cool Down: Static stretching, team discussion

Tuesday: Strength & Conditioning

- Warm-Up: Dynamic stretches, agility drills
- Strength Training: Weightlifting session (45 minutes)
- Conditioning: Interval sprints (15 minutes)
- Skill Development: Escapes (30 minutes)
- Cool Down: Stretching, hydration

Wednesday: Live Wrestling & Strategy

- Warm-Up: Partner drills, movement patterns
- Skill Development: Pinning techniques (30 minutes)
- Live Wrestling: Match simulations (45 minutes)
- Cool Down: Stretching, review of matches

Thursday: Recovery & Fundamentals

- Warm-Up: Light jogging, mobility exercises
- Skill Development: Review fundamentals (30 minutes)
- Conditioning: Low-intensity cardio (15 minutes)
- Cool Down: Yoga/stretching session

Friday: Competition Preparation

- Warm-Up: Dynamic stretching, sport-specific movements
- Skill Development: Review key techniques (30 minutes)
- Live Wrestling: Shark bait (30 minutes)
- Cool Down: Team meeting and mental preparation

Saturday: Optional Sparring/Skill Work

- Open mat: Provide an opportunity for wrestlers to work on individual skills and spar with teammates.

Conclusion

High school wrestling practice plans play a pivotal role in the development of young athletes. By incorporating structured components such as warm-ups, skill development, conditioning, live wrestling, and cool-downs, coaches can create effective sessions that foster growth and performance. A well-organized practice plan enables wrestlers to hone their skills, build strength and endurance, and prepare for the competitive challenges ahead. As they progress through the season, maintaining flexibility in practice plans will help cater to the evolving needs of the team and individual wrestlers, ensuring a successful and enriching wrestling experience.

Frequently Asked Questions

What are essential components of a high school wrestling practice plan?

A high school wrestling practice plan should include a warm-up, technique instruction, drilling, live wrestling, conditioning, and a cool-down. Each component helps to build skills, strength, and endurance.

How long should a typical high school wrestling practice last?

A typical high school wrestling practice should last between 1.5 to 2 hours, allowing sufficient time for warm-up, skill development, and conditioning.

What is a good warm-up routine for high school wrestlers?

A good warm-up routine can include dynamic stretches, agility drills, and light wrestling movements to increase heart rate and prepare the muscles for more intense activity.

How often should high school wrestlers practice each week?

High school wrestlers should ideally practice 4 to 5 times a week, with additional sessions for strength training or conditioning to enhance their overall performance.

What types of drills are most effective for skill development in wrestling?

Effective drills include technique repetition, partner drills for takedowns and escapes, and live wrestling scenarios to simulate match conditions and improve reaction times.

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Elevate your team's performance with effective high school wrestling practice plans. Discover how to structure workouts and improve skills today!

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