

Youth Wrestling Practice Plan

WRESTLING PLUS Warm Up Program

2 or more times per week

Part 1: Running, Grips, and Bridges (8 minutes)

<p>1. Shoulder Rotations Jog in place while rotating the shoulders forward and backward. 45 sec total</p>	<p>3. Pull each other The athletes stand facing each other. They grasp their hands and attempt to pull each other. 45 sec each hand</p>	<p>5. Neck The athlete sits on the back of his partner and forces the neck in different directions, down & up and side to side. 20 sec each movement</p>
<p>2. Grips The athletes stand facing each other. They pull their partner's hands up the down. 45 sec each</p>	<p>4. Shoving Hands Alternately The athletes stand facing each other. Press against each other having one elbow flexed and the other extended. 1 min total</p>	<p>6. Bridge The athletes stand facing each other. One athlete drops back to bridge position with his partner's support. 45 sec each</p>

Part 2: Core, Leg Strength, and Balance (9 minutes)

Level 1	Level 2	Level 3
<p>7. Shoving Hands The athletes grasp their hands with arms bent. Both try to shove the hands extending their wrists over their heads. 2 sets - 1 min each</p>	<p>7. Shoving Hands in Squatting Position The athletes try to shove the hands of the other while both bend knees and extend shoulders. 2 sets - 1 min each</p>	<p>7. Shoving Fit-Ball Using a fit-ball, both try to shove the fit-ball extending their wrists over their head. 2 sets - 1 min each</p>
<p>8. Pulling Grasp their hands with arms extended and knees flexed 90 degrees. Try to flex their knees more and return to original position. 2 sets - 1 min each</p>	<p>8. Pulling Alternately Grasp their hands. Both alternately extended and flex the elbow. 2 sets - 1 min each</p>	<p>8. Pulling in Bosu The athletes stand on Bosu. Grasp their hands with arms extended and knees flexed 90 degrees. 2 sets - 1 min each</p>
<p>9. One Leg Stance Hold one of your partner's legs straight while he tries to squat and straighten the other. 30 sec each leg</p>	<p>9. One Leg-Side Rotation Rotate the standing leg to the side. Try to keep both legs straight while turning the body laterally. 30 sec each leg</p>	<p>9. One Leg-Side Rotation on Bosu Rotate the standing leg to the side. Try to keep both legs straight while turning the body laterally. 30 sec each leg</p>
<p>10. Combat with Raised Legs The athletes sit with legs slightly bent, soles touching. Push the partner. 2 sets - 30 sec each</p>	<p>10. Combat with Raised Legs Alternately Push the partner and alternately try to extend and flex the knees. 2 sets - 30 sec each</p>	<p>10. Combat with Raised Legs on Bosu The athletes sit on Bosu. Their legs should be slightly bent, soles touching. Push the partner. 2 sets - 30 sec each</p>
<p>11. Push Ups The athlete does push-ups while his partner hold his feet in the air. 45 sec each</p>	<p>11. Push Ups-Supine The athlete does push-ups on supine position while his partner hold his feet in the air. 45 sec each</p>	<p>11. Push Ups on Bosu The athlete does push-ups on Bosu while his partner hold his feet in the air. 45 sec each</p>

Part 3: Wrestling Simulation (3 minutes)

<p>12. One Leg Extension One leg stance, and the soles of their feet together and try to extend the leg up-wards. 30 sec each leg</p>	<p>13. Standing Wrestling The athletes stand facing each other and make wrestling movements (ie: takedown, fakes, hand fighting, etc ...) 1 min total</p>	<p>14. Pushing Wrestling The athlete stands behind his partner and pushes him while he works to maintain position (stance) 30 sec each athlete</p>
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Youth wrestling practice plan is essential for developing young wrestlers' skills, techniques, and overall fitness. A well-structured practice not only enhances their wrestling abilities but also instills discipline, teamwork, and sportsmanship. This article outlines a detailed practice plan suitable for youth wrestlers, focusing on various aspects such as warm-ups, technical drills, live wrestling, conditioning, and cool-downs.

Importance of a Structured Practice Plan

A structured practice plan plays a pivotal role in the development of youth wrestlers. Here are some reasons why:

1. **Skill Development:** Regularly scheduled practices allow for the systematic

development of wrestling techniques, from basic moves to advanced strategies.

2. **Consistency:** A consistent routine helps young athletes build muscle memory and confidence in their skills.
3. **Physical Conditioning:** Wrestling is a physically demanding sport. A well-rounded practice plan incorporates strength and conditioning to improve athletes' overall fitness.
4. **Social Interaction:** Practicing in a team environment fosters camaraderie among wrestlers, promoting teamwork and sportsmanship.
5. **Injury Prevention:** Proper warm-ups and cool-downs, along with the right techniques, can significantly reduce the risk of injuries.

Components of a Youth Wrestling Practice Plan

To create a comprehensive youth wrestling practice plan, it is important to divide the practice into several key components. Each component should have specific activities and goals.

1. Warm-Up (15-20 minutes)

A proper warm-up is crucial to prepare the body for physical activity and to prevent injuries. The warm-up should include:

- **Dynamic Stretching:** Incorporate movements that mimic wrestling actions, such as arm circles, leg swings, and lunges.
- **Agility Drills:** Use exercises like ladder drills or cone sprints to improve footwork and coordination.
- **Wrestling-Specific Movements:** Have athletes perform basic moves such as shots, sprawls, and forward rolls to engage wrestling muscles.

Sample warm-up routine:

- 5 minutes of jogging around the mat
- 5 minutes of dynamic stretches (e.g., high knees, butt kicks)
- 5 minutes of agility drills
- 5 minutes of wrestling-specific movements

2. Technical Drills (30-40 minutes)

Technical drills form the backbone of skill development in youth wrestling. Focus on fundamental techniques, ensuring that athletes understand the mechanics and applications. Here are some suggested drills:

- **Takedown Techniques:** Teach various takedown methods, such as single-leg and double-leg takedowns, focusing on proper stance and execution.
- **Escapes and Reversals:** Work on escapes from bottom positions and reversals to regain control. Emphasize the importance of timing and body positioning.
- **Riding Techniques:** Introduce techniques for riding an opponent on the mat, including breakdowns and controlling the opponent's hips.

A sample technical drill session might include:

1. 10 minutes: Single-leg takedowns
2. 10 minutes: Double-leg takedowns

3. 10 minutes: Escapes from bottom position
4. 10 minutes: Reversals and riding techniques

3. Live Wrestling (20–30 minutes)

Live wrestling helps athletes apply the techniques learned during drills in a more realistic setting. It is crucial for building confidence and improving competitive skills. Structure this segment to ensure that wrestlers have the opportunity to practice both offensive and defensive techniques.

- Controlled Sparring: Pair athletes of similar skill levels for controlled matches, allowing them to focus on applying specific techniques rather than just winning.
- Situational Wrestling: Set up specific scenarios, such as starting in a neutral position or from the bottom, to target areas for improvement.

Tips for live wrestling:

- Keep matches short (e.g., 1–2 minutes) to maintain high intensity.
- Encourage athletes to communicate with their partners about what they are working on.
- Rotate partners frequently to expose wrestlers to different styles and techniques.

4. Conditioning (15–20 minutes)

Conditioning is vital for wrestlers to develop the endurance needed for matches. The conditioning segment should include both aerobic and anaerobic exercises tailored to the demands of wrestling.

- Circuit Training: Set up stations that include exercises like burpees, push-ups, squats, and shuttle runs. Allow each station to last about 30 seconds with brief rest periods in between.
- Wrestling-Specific Conditioning: Incorporate drills that mimic match scenarios, such as partner carries, mat sprints, and resistance band workouts.

A sample conditioning circuit might include:

1. 30 seconds of burpees
2. 30 seconds of shuttle runs
3. 30 seconds of push-ups
4. 30 seconds of squat jumps
5. 30 seconds of partner carries

Repeat the circuit 2–3 times with rest intervals.

5. Cool-Down (10–15 minutes)

Cooling down is essential for recovery and to prevent muscle soreness. The cool-down should include:

- Static Stretching: Focus on major muscle groups used during wrestling, such

as the hamstrings, quadriceps, shoulders, and back.

- Breathing Exercises: Encourage relaxation and help athletes transition from high-intensity activity to a resting state.

Sample cool-down routine:

- 5 minutes of static stretching (hold each stretch for 20-30 seconds)
- 5 minutes of deep breathing exercises

Sample Weekly Practice Plan

To give a clearer picture of how to implement a youth wrestling practice plan, here's a sample weekly schedule that includes various focus areas.

Monday

- Warm-Up: 15 minutes
- Technical Drills: Takedowns (30 minutes)
- Live Wrestling: Controlled sparring (20 minutes)
- Conditioning: Circuit training (15 minutes)
- Cool-Down: 10 minutes

Wednesday

- Warm-Up: 20 minutes
- Technical Drills: Escapes and reversals (40 minutes)
- Live Wrestling: Situational wrestling (30 minutes)
- Conditioning: Wrestling-specific drills (20 minutes)
- Cool-Down: 10 minutes

Friday

- Warm-Up: 15 minutes
- Technical Drills: Riding and breakdowns (30 minutes)
- Live Wrestling: Free wrestling matches (30 minutes)
- Conditioning: Partner drills (15 minutes)
- Cool-Down: 10 minutes

Conclusion

A well-designed youth wrestling practice plan is crucial for nurturing young athletes' skills and passion for the sport. By focusing on a structured approach that includes warm-ups, technical drills, live wrestling, conditioning, and cool-downs, coaches can provide a comprehensive training experience. This not only prepares athletes for competition but also fosters a lifelong love for wrestling and physical fitness. Consistency in practice and a positive training environment can lead to significant improvements in young wrestlers' performance and personal growth.

Frequently Asked Questions

What are the main objectives of a youth wrestling

practice plan?

The main objectives include skill development, physical conditioning, mental toughness, teamwork, and instilling a love for the sport.

How long should a typical youth wrestling practice last?

A typical youth wrestling practice should last between 60 to 90 minutes, allowing time for warm-ups, drills, technique instruction, and conditioning.

What are some effective warm-up exercises for youth wrestlers?

Effective warm-up exercises include dynamic stretches, jogging, partner drills, and wrestling-specific movements like shots and sprawls.

How can coaches incorporate technique drills into practice?

Coaches can break down techniques into smaller components, use partner drills for repetition, and incorporate live sparring to apply techniques in dynamic situations.

What is the importance of conditioning in youth wrestling practice?

Conditioning is crucial for building endurance, strength, and agility, which are essential for competing effectively and reducing the risk of injury.

How should a coach structure the practice to keep youth wrestlers engaged?

Coaches should include a variety of activities, incorporate games, set clear objectives, and rotate partners to maintain interest and engagement throughout the practice.

What role does mental preparation play in youth wrestling?

Mental preparation helps young wrestlers develop focus, confidence, and resilience, which are vital for performance during practice and competitions.

How can coaches assess the skill levels of youth wrestlers during practice?

Coaches can use informal assessments through observation during drills and sparring, as well as structured techniques and competition scenarios to gauge skill levels.

What are some tips for parents to support their child's wrestling practice?

Parents can encourage their child, attend practices and competitions, help with nutrition, and foster a positive attitude towards effort and improvement.

in the sport.

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Create an effective youth wrestling practice plan to boost skills and confidence. Discover how to structure sessions for maximum impact. Learn more now!

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