

Mon	Tue	Wed	Thu	Fri	Sat
Stagger Stance & Motion	Stagger Sprawl		Square Stance & Motion	Square Sprawl	Review All
Drop Step →	Length of mat →	Wall Drill →	Leap Frog		
Spinning	Double Leg →			Arm Drag Double	
			Head & Arm	Head & Arm counters	
Single Leg →			High Crotch →		Scrimmage
Butt Drag	Snapdown	Pancake	Front Headlock	1/4 Nelson	
Low Single	Duck Under	Firemen's Carry	Barrel Roll		First Competition
Review Scrimmage Mistakes	Whizzer	Hip Heist		Review All	

Note -

1. Takedown defense (counters) are indicated in **red**.

2. The first week of practice is basic training where you introduce technique that every wrestler should know. Teaching the **Double Leg** over four days is necessary because of the different set-ups and finishes associated with it many of which can be applied to other takedowns. A more detailed planner would include those set-ups and finishes.

3. If you have a feeder program you may find that many of your kids like to use the **Head and Arm** a.k.a. **Headlock**. This is taught on Day 4 so that the counters can be taught and emphasized beginning on Day 5 thereby discouraging its use.

4. Don't get discouraged if your wrestlers don't learn technique quickly. For some it takes weeks of practice. Teaching your wrestlers how to drill properly can help significantly.

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