

Basics - Teach the first week of practice	Bread & Butter - Teach before the last scrimmage	Advanced
<p>Terms & Movements --></p> <p>Base - Maintaining - From flat</p> <p>Elbow Roll C - Sag - Reroll - Spin across</p> <p>Switch C - Step over - Reswitch - Blast</p> <p>Sitout C - Follow - Snapback</p>	<p>Mixed Movements --></p> <p>Inside Standup - Cut - Step Behind - Standing Switch - Cut and shoot</p> <p>C - Lift - Backheel - Hip Crush - Trail Leg</p> <p>Sitback - Pop it - Tripod - Standup</p> <p>C - Crush</p>	<p>Spider Drill</p> <p>Granby - Tripod - Sitback</p>

Notes:

1. This example is not complete and is intended only to illustrate how Technique Lists can be used. Use one sheet each for **Takedowns**, **Top** and **Bottom**. In the chart above **C** represents counters.
2. At the high school level the **Basics** are moves that every wrestler should know and they should be covered in the first five practices. The **Bread and Butter** moves are your go-to, high percentage moves and should be introduced before your last scrimmage and drilled at almost every practice. Teaching **Advanced** technique depends on the skill level of your team and opponents.
3. These sheets are constantly changing therefore it should be a word-processed document so it can readily be altered.
4. Some technique, such as the elbow roll a.k.a. wing and wrist roll, are low percentage moves. After you teach them introduce their counters at the very next practice. On the other hand, teach the counters to your Bread and Butter moves a week or two after they are introduced giving your wrestlers time to gain confidence.

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