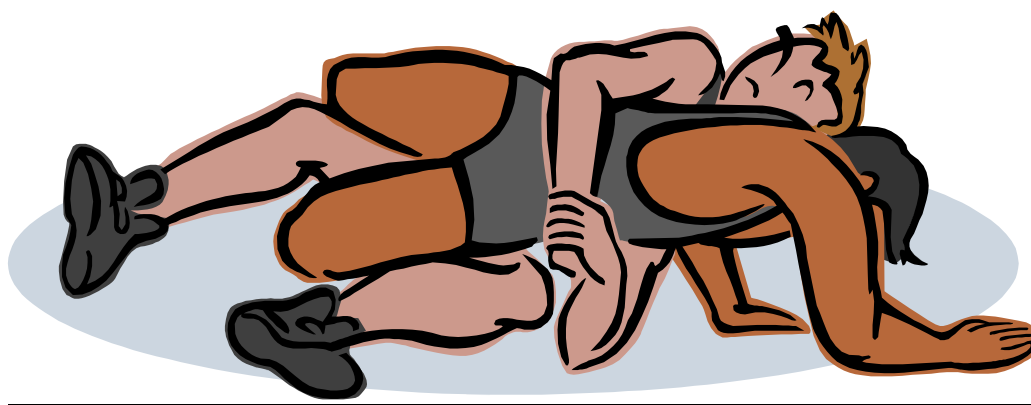


# Youth Wrestling



# Coaching Guidelines

Hortonville Wrestling 2005

# Youth Wrestling Coaching Guidelines

## **I. Behavior and Attitude**

- practices need to be disciplined and organized
- expect good behavior, they are here to learn to wrestle not screw around
- when the coach is talking there should be silence
- we want to teach not only championship wrestling, but championship attitude and behavior
- stress thinking, acting, and carrying yourself as a champion always, no matter where you are, at practice, in school, at home, this means being polite, friendly, and courteous, doing what is right, and making good decisions
- stress being proud to be a Hortonville wrestler
- this means as coaches we need to be role models for them, thus we need to carry ourselves in this manner also, remember there are always little eyes upon us

## **II. Stance**

### **A. K-3**

- teach stager, square, and movement
- head up, butt down, hands in front, elbows in, don't cross feet
- be comfortable, be strong
- never reach with same arm as foot that is forward
- toe, knee, shoulder

### **B. 4-8**

- always review and work on stance, never in too good of a position
- NEVER reach with same arm as the foot that is forward
- toe, knee, shoulder

## **III. Hand Fighting & Head Position (K-3)**

### **A. Head**

- always up
- forehead to forehead, forehead to temple, Never ear to ear
- collar tie is not something we hang out in

### **B. Hands**

- in front
- inside position or wrist control
- ALWAYS stay in a good stance

### **Head and Hands (4-8)**

- same as above
- stress proper inside tie, heavy hands, always pushing, pulling and moving opponent if you are going to put hands on him

## **IV. Neutral**

### **A. Single Leg (High Level) (k-3)**

- circle away from the direction you want to shoot
- outside penetration step
- be close to opponent
- change levels, bend knees-not waist
- head always inside(ear on stomach, listen to his dinner)
- pick up leg with both hands, lock hands, not bear hug
- keep leg between yours (ride the horse)
- Finishes (always keep opponent moving)
  - Superman-walk backwards, attack across changing levels
  - Trip-step off to outside always (get off the horse), trip with back leg

### **Single Leg (High Level) (4-8)**

- emphasis on circling & setting up, be sure to stay close
- level change on penetration, outside step
- be sure to keep it a high level single
- clearing opponents hands and arms and head
- forehead in ribs
- keep opponent moving, finish quick
- Finishes
  - Superman-same as above
  - Trip-same as above
  - Run The Pipe-keep leg between yours, circle back with short steps, keep opponents leg locked straight, pressure through thigh
  - Dump-step of to outside of leg, lock heel in, grab above knee, short steps circle back, pressure through knee.
  - Other trips, and if leg gets outside finishes

### **B. Double Leg (K-3)**

- stay close, circle, get opponent to step to you
- clear opponents arms (OmpaLumpa)
- change levels
- inside penetration step
- head outside
- snake legs low, around tops of shoes
- shoulder hits opponent
- can also start to show power step finish

### **Double Leg (4-8)**

- same as above, plus stress inside control
- Power step finish, hands just above knees, do not lock hands, drive at angle
- be sure to stay tight, shoulder hits opponent

### **C. Sprawling (General Guidelines K-8)**

- when we sprawl we get our legs back and hands on his head, we want to stop his penetration coming into us by giving him hip and hand pressure
- we NEVER stand still and catch an opponent when he shoots, NO Cow Catchers, if you have to use a Cow Catcher you did not do your job correctly, pressure into him, stop him, DO NOT CATCH HIM

#### **Sprawling (K-3)**

- kick legs back do not jump
- get hands on opponent, try to find his head and keep his forehead glued to the mat
- keep legs back, hips into him and you chest up
- stop him from pushing into you
- circle behind

#### **4-8**

- legs back, drop hip to where your foot was
- hips into him, keep head and chest up
- get hands on opponent, find his head and keep it stuffed
- keep laces down until you have his penetration into you stopped
- circle behind, keep near arm blocked as you circle.

### **D. Snap Down (K-3)**

- when opponent is in bad stance
- grasp back of neck and tricep and snap and circle opponents head to mat
- be sure to circle back with your legs so do not pull him to a double
- keep head stuffed and circle behind

#### **Snap Down (4-8)**

- when opponent in bad stance, leaning heavy, or set up with a push/pull
- snap is more of a chop to the neck, be sure to circle
- keep head stuffed to mat, circle behind, be sure to keep near side arm blocked so he can not catch you
- other finishes to add, front ¼, and front head lock (after teaching these to them)

### **E. High Crotch (4-8)**

- inside control
- good head position
- circle away from direction you want to shoot
- inside penetration, change levels, head outside
- Finishes
  - switch to double
  - up to a single
  - circle behind

#### **F. Firemans Carry (4-8)**

- inside control
- good head position, forehead to forehead, forehead to temple, NEVER ear to ear
- inside step
- change levels, drop to both knees
- arm splits his legs, as you pull hard on arm
- most work down with the hand on his arm
- cover him for 5, do not let him off the hook

#### **G. Head Throw (K-8)**

- as a general rule we will not be teaching the head throw to our K-3,
- as far as the 4-8 we will show it and practice very, very little
- I want it discouraged to all of our K-3, and for the 4-8 they will be told that it is an emergency move only
- counters to the head throw will be taught to all levels
- Counters
  - turtle and duck it
  - turtle, step in front, keeps hips close and lift him
  - roll through

#### **V. Referee Top Position (K-8)**

##### **A. Starting Position**

- hand cover elbow, hand on stomach, near leg down/back leg up
- head up and in center of opponents back
- may have both knees down
- stress quickness on whistle, have a plan

##### **B. Chop and Drive (K-3)**

- hand on elbow chops arm in
- drive opponent forward, back knee through his butt
- drive on your toes, not your knees
- catch opponents arm that you chopped with your hand that is on his stomach

##### **4-8**

- same as above
- concentrate on really pulling arm across so they can not base out on their elbow
- needs to be a drive forward using your toes, and good hip pressure
- talk about chaining this move together with pinning combos as we teach them, i.e. Reinhart off of this.

##### **C. Far Ankle/Far Knee (K-3)**

- stomach hand to far ankle, elbow hand to far knee
- be sure to block knee low, not up on thigh
- change levels so shoulder drives through him
- pull in on thigh and ankle as you drive through him

**4-8**

- start off to side with both knees down to put in better position to do this move
- concentrate on driving through opponent, not so much of a pulling in but driving over his knee, drive from toes not knees
- chain to a pin combo as we teach them, i.e. look to hit a ½

**D. Tight Waist/Far Ankle (K-3)**

- stomach hand to far ankle, elbow hand to tight waist
- lift ankle to his butt
- drive forward on toes, not knees

**4-8**

- same as above
- stress driving hard from toes, mat burns on his nose
- can also be done by switching sides on whistle, elbow hand goes to near ankle, and stomach hand is the tight waist (near ankle/tight waist)
- chain it to a pin combo

**E. Spiral Ride (4-8)**

- elbow hand through tricep, stomach hand to far inner thigh
- off to side drive tricep hand forward, be sure to change level so your shoulder is driving through the back of his shoulder
- spiral inner thigh hand back and lift on inner thigh hard
- chain to pin combo, i.e. ½ on far side if flags, hammer lock near side, arm turk

**VI. Referee Bottom Position**

**A. Starting Position (K-8)**

- hands in front of line, knees behind line
- slight bend in elbow
- head up, eyes on ref.
- stress quickness off whistle, explosion, have a plan

**B. Inside Stand Up (K-3)**

- On whistle inside foot replaces inside hand, inside elbow in tight to side, must beat him inside
- straight back, head up, (get your picture taken)
- outside hand controls hand on you stomach
- pressure backwards over other foot come to standing position,
- spike hand off your stomach, cut through and face
- stay in good position, in stance as soon as you cut through

**4-8**

- Explode on whistle
- inside leg up, inside hand must beat him inside
- good back pressure
- hand control must be stressed, get it now, not when you get to your feet
- back pressure into opponent, come to standing

- 2 on 1 on stomach hand, spike it, and cut through
- stay in good wrestling position the entire time
- stance immediately after getting out
- chain stand up right into a takedown attack

### **C. Fin Sit (Sit In) (K-3)**

- fin feet away from opponent
- sit back hard, back pressure into opponent
- elbows to side, knees bent, straight back, heels into mat, "Protect your popcorn"
- Finishes
  - high arm out when he reaches over
  - push to standing
  - Big Step Back to Knees
    - out back if really slow to follow
    - stand up

### **4-8**

- Fin feet away
- sit back hard into opponent, try to sit in his lap
- back pressure, elbow in, knees bent, heels in mat
- Finishes
  - high arm out when he reaches over
    - can make him reach over also
  - push to stand up
  - Big Step Back to Knees and read your opponent
    - out back door if slow to follow
      - chain to pin combo i.e. hammer lock
    - granby roll if slow to follow
    - stand up if follow hard
- stress importance of chaining two and three moves together to get out

### **D. Cross Wrist Roll (K-3)**

- inside hand controls wrist on your stomach
- keep him pulled tight to you
- roll across outside elbow, not shoulder
- keep rolling toward his legs to finish

### **4-8**

- same as above

### **E. Switch (4-8)**

- clear inside hand
- outside leg up at 45 degree angle, dog on the fire hydrant
- inside leg under hard, must get to outside butt cheek, 180 degree turn
- outside arm comes hard elbow into ribs, hand to his inner thigh, can't go over the back
- good forward presser through his arm pit
- sliding hip around behind
- set it up with crawling motion forward

## **F. Granby Roll (4-8)**

- outside hand control wrist on your stomach, do not hook his elbow, keep him pulled tight to you
- turn hips so butt is out from under him, get him loaded on your hip
- roll across far elbow, do not drop your shoulder to the mat
- inside hand splits his legs as you roll
- under hook near leg, pull his arm and leg tight, get your butt off the mat
- set it up with a stand up (outside leg)

## **VII. Pinning Combinations**

- stress importance of getting a double wrist ride, and covering his hips once opponent is broken down, pressure down and through him, always stay behind his elbows
- if going to go in front of elbow and cross face, stay on his hips until shoulder is buried, then you can get off to the side
- this is important for all ages

### **A. ½ Nelson (K-3)**

- arm under his when he flags, hand on back of neck
- control his opposite wrist so he can't post out, block it from outside
- get out to the side and drive him over, be on your toes
- be sure to sink back "reload" as he turns so you stay chest to chest
- sink ½ deeper as he turns so you end up elbow deep
- chest to chest, on your toes, other hand posts
- 1/2 and reverse ½ concept

#### **4-8**

- same as above except:
  - hand on back of head, try to pull his head over to the side
  - get out at his elbow and elevate to put yourself in a better power position
  - can control opposite wrist with a wrist ride also, talk about letting go of it
- 1/2 and reverse ½ concept

### **B. Reinhart Ride (K-3)**

- hand on stomach pulls arm all the way to hip (keep line tight)
- ride opposite hip as the one you have his hand pulled to
- 2 turning options, let him tell you how he wants to be turned
  - He Reaches Back
    - meat hook underneath his elbow with other hand
    - keep pulling on hand on the hip
    - quick jerk on elbow, catch it with your chest
    - let your weight do the work, as he goes down be ready to catch him when he rolls into you
    - do not let far side arm come through
  - He Posts Up
    - cross face with free hand
    - now we will turn him with a cross face cradle, see cross face cradle below



**4-8**

- same as above through Reaches Back
- He Posts Up
  - cross face with free hand and bury the shoulder, keep his hand pulled to his hip until shoulder buried
  - now read his hips, they will tell you what to turn him with.
  - Cross Face Cradle or Butcher, see Cradle and Butcher below
  - talk about patients with the Reinhart, chaining it right from the Chop and Drive breakdown

**C. Cross Face Cradle (K-3)**

- hand and arm across his face to opposite arm, just above the elbow
- bury the shoulder
- other hand posts to the mat behind his far knee
- on your toes drive his head to his knee and lock up
- walk you feet back down towards his butt and pull him back
- explain how this is also done from Reinhart

**4-8**

- same as above
- once he is turned get bottom knee in his ribs and pull hands to your chin
- talk about how this is done from the Reinhart as well, also about getting your back points and taking him back to stomach if know can't get the pin

**D. Snow Plow (K-3)**

- get his near side arm pulled across his back to his hip
- two hands on his forearm, keep weight on him
- on your toes get off to the side and pushing his arm across begin to roll him over
- as he rolls reload so you get chest to chest
- as he gets to his back, put in a ½ with hand closest to head, keep control of his other wrist with other hand

**4-8**

- will be discussed under the Hammer Lock Series

**E. Butcher (4-8)**

- cross face as with the cross face cradle
- bury shoulder
- free hand comes underneath and also grabs tricep
- on toes circle around the head, as he turns get your head up on his ribs
- talk about how this is used with the Reinhart, When coaching the 4-8, Cross Face Cradle and Butcher should be shown together off the Reinhart Series, and also as part of the Cross Face Series, stressing the importance of reading his hips in both cases
- show the Kanitz option off the Butcher once they have this down.

## **F. Hammer Lock Series (4-8)**

- from double wrist ride or two on one pressure his entire body forward, trying to roll him over his wrists, not pulling wrists under him with your arms
- once wrists rolled under decide which side you want to Hammer Lock
- scissors step over to that side, getting your elbow in his arm, baseball grip on his wrist, be sure your butt is off the mat, all your weight is on his arm
- quick, hard snap toward you to get his arm out from under him, and then drive it across his back to far hip, try to bounce his fingers off the mat on far side, this is the Hammer Lock
- we want to try to get opponent to raise his near side hip by putting this in hard
- if near side hip up, then we Snow Plow as above
- if keeps near side hip down, and far side hip comes up, then we Oklahoma

## **IX. Situations**

### **A. Optional Starts (K-3)**

- when opponent optional starts you, crawl forward as fast as you can, never stay in place and turn

#### **4-8**

- when to use it, look to coach
- how to defend it

### **B. Scoring late in period (4-8)**

- push at end of each period, want to score at the end of each, do not let down

### **C. What to do when riding and you are behind by 1, 2, or 3 points late in 3<sup>rd</sup> period (4-8)**

- need to know how much time is left, if not in a position where a turn is likely soon, need to cut him and aggressively go after the take down, maybe an emergency throw if down by 3 plus

### **D. Ahead late in a match (4-8)**

- stay busy regardless if top or bottom, stay in good position, do not get greedy

### **E. Switching sides when riding (4-8)**

### **F. Switching up 1<sup>st</sup> move from the top or bottom (4-8)**

- do not use same move every time you restart
- too predictable, switch things up

### **G. On bottom late in 3<sup>rd</sup> period and tied or behind by 1 (4-8)**

- get the escape
- on whistle hit an escape attempt first, a reversal move, if countered, usually winds up with you stuck on the bottom with out the opportunity to hit a second move and time runs out
- if a stand up is stopped can always hit a second move off his counter

### **H. Going off the mat (4-8)**

- always try to not be the first one who steps out
- always find the coach on the way back to the center
- know the situation as you head back in