

Complete Spring Practice Blueprint (16 Detailed Practice Plans)



By Daryl Weber

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Talk:

I have put some topics that I like to talk to my wrestlers about to either educate them or set their mind right before practice. I have found that the important beliefs and philosophies you want to get across as a coach need to be talked about consistently and relentlessly if you want them to stick with young athletes. You can't think you can mention something important once (no matter how well the presentation is) and they will get it.

Quick Drills:

This part of practice is meant to be review and fast pace. Directly after the warm up I like to do some intense drilling. The things we typically work on here are the guts of our system and what the wrestlers need work on at that time. This is where solid drills that lead to chain wrestling work great.

Technique:

Strive to get things down here and not to just cover as much as possible. Most days I don't get through everything I would like. I would rather the wrestlers really pick up and understand a couple things then loosely understand a bunch of moves.

Live Wrestling Tips: Best for individuals to decide on this. A lot will depend on how many wrestlers you are working with and what type of space you have.

Focus Points:

- Longer goes are not for when they are in shape (this is a common misconception). Longer goes are good for developing independence and allowing wrestlers to develop their own style, “figure things out”, and learn to break opponents.
- The closer to competition switch to more situational and shorter goes.
- Focus on quick scoring, high intensity and fixing problem areas.

Coaching Tips:

- When doing longer goes, instruct but don't try and bring wrestlers into frenzy. Remember these goes are for figuring things out and learning to wrestle when tired.
- The shorter the goes the more intensity you should try to bring out of your wrestlers.

Conditioning:

I like to change things up a lot with conditioners. I think that athletes get stale and go through the motions if the same conditioners are done routinely. My suggestion here is to pick wrestling skills they need to work on and find ways to incorporate them into intense drills. Most times I want to make sure they are getting pushed mentally here as well. Get creative with your conditioning drills.

Practice #1

Talk (5-15 minutes) Talk about FS & GR neutral strategies and go over rules. Leave this to you for the most part.

Warm up (10-14 minutes) - Run, Tumble, Gymnastics, Movement, Stance and Motions (Fakes, Shots and Knockouts with Bouncing Exercises) & body weight strength exercises.

Quick Drills – (10-15 minutes)

- Focus on Doubles & Hi-C's
- Keep things moving here and make sure they are stalking properly and setting shots up.

Technique – (20-30 minutes)

Gut Wrench: Solo Drill, Gut Wrench, Gut Two Part Drill,

Live Wrestling – (20-30 minutes) Refer to notes

Conditioning – (10-15 minutes)

Attacking Drills, Sprints, Strength Training and/or other conditioners

Practice #2

Talk (5-15 minutes) Talk about importance of being proactive on the bottom. FS & GR bottom isn't a time to relax. Goal is to stay one step ahead of opponent.

Warm up (10-14 minutes) - Run, Tumble, Gymnastics, Movement, Stance and Motions (Fakes, Shots and Knockouts with Bouncing Exercises) & body weight strength exercises.

Quick Drills – (10-15 minutes)

- Focus on Singles
- Keep things moving here and make sure they are stalking properly and setting shots up.

Technique – (20-30 minutes)

Gut Defense: Heavy, Move, Fight Hands – Slide Off – Roll the Lock and Look in

Do a drill that combines Gut Offense and Defense

Live Wrestling – (20-30 minutes) Refer to notes

Conditioning – (10-15 minutes)

Attacking Drills, Sprints, Strength Training and/or other conditioners

Practice #3

Talk (5-15 minutes) Importance of being able to score off shots, shot defense, FHL and Angles. Should have solid shot defense and scoring holds from Under, Over and Around

Warm up (10-14 minutes) - Run, Tumble, Gymnastics, Movement, Stance and Motions (Fakes, Shots and Knockouts with Bouncing Exercises) & body weight strength exercises.

Quick Drills – (10-15 minutes)

- Hi-C's and Double to Guts
- Make sure partner is doing their job and going to belly and working on their defense some too.
- Work Solid Folkstyle Shot Defenses too.

Technique – (20-30 minutes)

Drags & Passbys to Gut Wrench

High Dives and Ducks to the Body & look for Throw or Gut Wrench

Live Wrestling – (20-30 minutes) Refer to notes

Conditioning – (10-15 minutes)

Attacking Drills, Sprints, Strength Training and/or other conditioners

Practice #4

Talk (5-15 minutes) Tripod Breakdown Strategies

Warm up (10-14 minutes) - Run, Tumble, Gymnastics, Movement, Stance and Motions (Fakes, Shots and Knockouts with Bouncing Exercises) & body weight strength exercises.

Quick Drills – (10-15 minutes)

- Hi-C's and Double to Guts
- Drags and Passbys to Guts and Throws
- Make sure partner is doing their job and going to belly and working on their defense some too.

Technique – (20-30 minutes)

Score off Opponent's Shots: Ankle Roll of Hi-C, Crotch Lift off Hi-C & Double, Belly tilt off single

Live Wrestling – (20-30 minutes) Refer to notes

Conditioning – (10-15 minutes)

Attacking Drills, Sprints, Strength Training and/or other conditioners

Practice #5

Talk (5-15 minutes) Push out strategies

Warm up (10-14 minutes) - Run, Tumble, Gymnastics, Movement, Stance and Motions (Fakes, Shots and Knockouts with Bouncing Exercises) & body weight strength exercises.

Quick Drills – (10-15 minutes)

- Hi-C's, Double, Passby and Ducks to turns.
- Solid Folkstyle Shot Defense and Defend shots to turns (review from previous practice technique)

Technique – (20-30 minutes)

Ankle Lace: Base Position, Lock Transition and Turn with Gator Roll

Live Wrestling – (20-30 minutes) Refer to notes

Conditioning – (10-15 minutes)

Attacking Drills, Sprints, Strength Training and/or other conditioners

Practice #6

Talk (5-15 minutes) Talk about the importance of not jumping from one turn to the next in the top position. You don't have much time so it is best to sink your teeth into something and get tough with it.

Warm up (10-14 minutes) - Run, Tumble, Gymnastics, Movement, Stance and Motions (Fakes, Shots and Knockouts with Bouncing Exercises) & body weight strength exercises.

Quick Drills – (10-15 minutes)

- Singles to Ankle Laces
- Work different Single Finishes
- be sure they are solidifying the base position before executing the Lace.

Technique – (20-30 minutes)

Ankle Lace Defense: Knees under & fight hands. Incorporate some sparing here to work on Ankle Lace offense and defense. Focus on the base position.

Live Wrestling – (20-30 minutes) Refer to notes

Conditioning – (10-15 minutes)

Attacking Drills, Sprints, Strength Training and/or other conditioners

Practice #7

Talk (5-15 minutes) Talk about goal setting. Make sure their goals are somewhere they can be seen every day. They should have clear goals for the Spring season.

Warm up (10-14 minutes) - Run, Tumble, Gymnastics, Movement, Stance and Motions (Fakes, Shots and Knockouts with Bouncing Exercises) & body weight strength exercises.

Quick Drills – (10-15 minutes)

- Singles to Laces
- Double/Hi-C's to Guts
- Be sure to work a variety of your finishes.

Technique – (20-30 minutes)

Crotch Lift (feet & knees), Body Turk from Crotch Lift, Reverse Body Lift and Russian Back Breaker

Live Wrestling – (20-30 minutes) Refer to notes

Conditioning – (10-15 minutes)

Attacking Drills, Sprints, Strength Training and/or other conditioners

Practice #8

Talk (5-15 minutes) Don't be afraid to lose. You don't have to like it and it is okay to be upset from losing. Make sure they know that all the best wrestlers have lost along the way. You truly lose when you don't challenge yourself.

Warm up (10-14 minutes) - Run, Tumble, Gymnastics, Movement, Stance and Motions (Fakes, Shots and Knockouts with Bouncing Exercises) & body weight strength exercises.

Quick Drills – (10-15 minutes)

- Solid Folkstyle Shot Defense
- FS Shot Tilt/Finish Drill
- Make sure to include FHL turns and defense off Down Blocks

Technique – (20-30 minutes)

Defense to Crotch Lift, Reverse Body Lift and Russian Back Breaker

Live Wrestling – (20-30 minutes) Refer to notes

Conditioning – (10-15 minutes)

Attacking Drills, Sprints, Strength Training and/or other conditioners

Practice #9

Talk (5-15 minutes) Surround yourself with the right people. There are a lot of temptations out there for young athletes. Know what you want and if someone isn't supportive then they aren't your friend.

Warm up (10-14 minutes) - Run, Tumble, Gymnastics, Movement, Stance and Motions (Fakes, Shots and Knockouts with Bouncing Exercises) & body weight strength exercises.

Quick Drills – (10-15 minutes)

- Any Neutral Offense => Turn

Technique – (20-30 minutes)

Front Headlock Gator Roll & Sucker Drag to defend. Also hit shots to getting Down Blocked and work on circling out quick before opponent can get a lock (Elbow back and attack hands here)

Live Wrestling – (20-30 minutes) Refer to notes

Conditioning – (10-15 minutes)

Attacking Drills, Sprints, Strength Training and/or other conditioners

Practice #10

Talk (5-15 minutes) Your teammates aren't your buddies in the room. They are your Battlemates (Just made that word up☺). You should support each other outside the room but make each other tougher in practice.

Warm up (10-14 minutes) - Run, Tumble, Gymnastics, Movement, Stance and Motions (Fakes, Shots and Knockouts with Bouncing Exercises) & body weight strength exercises.

Quick Drills – (10-15 minutes)

- Focus on finishes from feet and knees on Single and Hi-C
- Down Block Drill – Have opponent butterfly lock with FHL and shooter focus on Sucker Drag or Circle out. (Important that if miss shot immediately attack or clear out.)

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Technique – (20-30 minutes)

Add Gut Wrench Set ups (Ankle Sweep, Fake Lace & Hand Turk) & Mis-Direction Gut Wrench

Live Wrestling – (20-30 minutes) Refer to notes

Conditioning – (10-15 minutes)

Attacking Drills, Sprints, Strength Training and/or other conditioners

Practice #11

Talk (5-15 minutes) Talk about the importance of knowing what you best ties, shots and turns are and forcing them relentlessly on your opponents.

Warm up (10-14 minutes) - Run, Tumble, Gymnastics, Movement, Stance and Motions (Fakes, Shots and Knockouts with Bouncing Exercises) & body weight strength exercises.

Quick Drills – (10-15 minutes)

- Any Takedown to a turn
- Focus on selling one thing and hitting another. (Work FHL and hit shot or Work Drag to Single opposite side etc...)

Technique – (20-30 minutes)

Low Single to Quick Lace, Ankle Lace Set up (Knee in Toe out) & Lace Turn (Drive to Feet and Cartwheel)

Live Wrestling – (20-30 minutes) Refer to notes

Conditioning – (10-15 minutes)

Attacking Drills, Sprints, Strength Training and/or other conditioners

Practice #12

Talk (5-15 minutes) Talk about the 20 second mentality. This is a quick scoring mentality where you force action and go hard. This can be used at the end of a period. To win a close match you are losing, at the beginning of a match or restart to take charge. This is an important mental skill to develop and be able to call on at will.

Warm up (10-14 minutes) - Run, Tumble, Gymnastics, Movement, Stance and Motions (Fakes, Shots and Knockouts with Bouncing Exercises) & body weight strength exercises.

Quick Drills – (10-15 minutes)

- Any Takedown to a turn
- Focus on snapping out of ties and setting up shots by faking shots and faking ties. A lot of level changing too.

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Technique – (20-30 minutes)

Trap Arm Gut Wrench (Driving and Tilting) & Trap Arm Defense

Bow-n-Arrow and Defense

Live Wrestling – (20-30 minutes) Refer to notes

Conditioning – (10-15 minutes)

Attacking Drills, Sprints, Strength Training and/or other conditioners

Practice #13

Talk (5-15 minutes) Talk about dealing with adversity. Everyone has upsetting things happen to them but you have no choice but to keep pointed in the right direction and get through them. EVERYONE that has had big successes were typically spurred on by adverse situations. You are never a quitter until you quit.

Warm up (10-14 minutes) - Run, Tumble, Gymnastics, Movement, Stance and Motions (Fakes, Shots and Knockouts with Bouncing Exercises) & body weight strength exercises.

Quick Drills – (10-15 minutes)

- Any takedown to techfall (multiple turns)

Technique – (20-30 minutes)

Focus on shot finishes from knees on Singles and Hi-C's
Add Belly Tilt to Pin & Belly Tilt off Low Single

Live Wrestling – (20-30 minutes) Refer to notes

Conditioning – (10-15 minutes)

Attacking Drills, Sprints, Strength Training and/or other conditioners

Practice #14

Talk (5-15 minutes) Talk about what true mental toughness is. Anyone can look great and work hard when they are feeling good. Mental strong people can stay positive and get the job done on their worse days.

Warm up (10-14 minutes) - Run, Tumble, Gymnastics, Movement, Stance and Motions (Fakes, Shots and Knockouts with Bouncing Exercises) & body weight strength exercises.

Quick Drills – (10-15 minutes)

- Solid Folkstyle Shot Defense
- Shot Tilt/Turn Drill

Technique – (20-30 minutes)

Arm Throw, Arm Spin & Head Pinch from FHL Defense to each as well.

Live Wrestling – (20-30 minutes) Refer to notes

Conditioning – (10-15 minutes)

Attacking Drills, Sprints, Strength Training and/or other conditioners

Practice #15

Talk (5-15 minutes) Talk about the importance of chain wrestling. This is especially important when you get taken down or reversed. It is great to be looking for the pin off your takedowns but it is even more important to react immediately when something bad happens in the match. Never put your head down or slap the mat.

Warm up (10-14 minutes) - Run, Tumble, Gymnastics, Movement, Stance and Motions (Fakes, Shots and Knockouts with Bouncing Exercises) & body weight strength exercises.

Quick Drills – (10-15 minutes)

- ReShots and Double Shots to turns

Technique – (20-30 minutes)

Hand Turk Tilt Series (Tilt, From Feet & Step Over)

Live Wrestling – (20-30 minutes) Refer to notes

Conditioning – (10-15 minutes)

Attacking Drills, Sprints, Strength Training and/or other conditioners

Practice #16

Talk (5-15 minutes) Win close matches with hustle. Run back to the center every time you go off the mat. If your opponent is tired and you make him believe you aren't, even if you are dead, you will gain a mental edge. The smallest things often win the biggest matches.

Warm up (10-14 minutes) - Run, Tumble, Gymnastics, Movement, Stance and Motions (Fakes, Shots and Knockouts with Bouncing Exercises) & body weight strength exercises.

Quick Drills – (10-15 minutes)

Any neutral offense to techfall

Reshots and Double Shots to turns

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Technique – (20-30 minutes)

Lace Turn - Lay on Ankle & 2-on-1 Shelf Lace Series

(Block Knee, Jerk Leg Out, Sit Thru Def, & Wheelbarrow series)

Live Wrestling – (20-30 minutes) Refer to notes

Conditioning – (10-15 minutes)

Attacking Drills, Sprints, Strength Training and/or other conditioners