Attack Style Wrestling
Top 10
Cheat Sheet

FIRST 10 SKILL SETS
EVERY WRESTLER SHOULD LEARN
OR REVIEW AT THE BEGINNING
OF EVERY SEASON

Attack Style Wrestling by Daryl Weber

Attack Style Wrestling

Cheat Sheet

First 10 Skill Sets a Wrestler Should Learn or Review at the Beginning of the Season

1. Stance, Motion, Level Change & Penetration Step(s)
2. Open Offense Series
3. Down Blocking Skills
4. Shot Finishing Series (High, Mid & Low Level)
5. Shot Defense Knee
6. Shot Defense Feet
7. Front Headlock Offense
8. 1-2 Tie up series
9. Bottom Basics Series
10. 1-2 Solid Turn Series

Develop skill sets for each of these areas

Skill Set = Group of techniques that flow together and can be covered in one practice.

Teach these skill sets at practice

Turn these skill sets into drills ASAP.

Use the drills to perform high intensity rep sessions multiple times per week.

Good times to use drills

- In warmup
- Before live wrestling
- As part of conditioning