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KOLAT.COM 4-6 Year Teaching Curriculum For New To Novice Wrestlers by Cary Kolat

KOLAT.COM Curriculum Clips

In August, Cary will begin shooting the KOLAT.COM Curriculum Clips that precisely illustrate the techniques found inside our new KOLAT.COM Curriculum System. In the meantime, we are referencing current clips in the KOLAT.COM video library that already apply to the KOLAT.COM curriculum system. Members have requested this information for some time, so in an effort to allow them to start planning their season, we are connecting this information right away.

Note: Don't be confused if the entire clip is not identical to the technique that you are viewing. Within that clip, there will be a section related to the Curriculum skill you are searching for.

Example Technique: *Head opposite hips finish for the high crotch.*

Reason: *The clip will show the finish from the double leg. The reason being that a high crotch change-off is really a double leg when finishing the technique.*

This will allow you to begin planning your practices as soon as you join.

Curriculum Clips Launch Date: October 1, 2011

*Discount: Join KOLAT.COM, as a Year member, before October 1, 2011 and your membership price will be \$99.95 instead of \$159.95. (Use the following discount code at checkout: **KOL4-6**)*

Who Should Use the Curriculum

Cary Kolat launched KOLAT.COM in the summer of 2008 as the first online video library dedicated to wrestling technique. In an effort to increase the knowledge of coaches and wrestlers, Cary has continued to develop the site by regularly adding new videos and new features. The KOLAT.COM Curriculum is a much-anticipated feature that wrestlers, coaches and fathers have been asking for since day one: How do you teach someone how to wrestle? This first step in this quest was the development of the KOLAT.COM Library and the 2nd step was the development of the KOLAT.COM Planner (launched in the fall of 2010). By integrating the planner into our extensive video library, the Planner allows coaches, athletes and fathers to layout training sessions. The KOLAT.COM Curriculum takes it a step further by identifying the essentials skills and techniques that are required to progress in the sport of wrestling at every level. This Curriculum will be important for everyone who feels that somewhere along the line they were not given sound fundamentals and need to sharpen up their skills. However, for the most part it was created for those beginning wrestlers, coaches, and fathers just entering the sport and needing a guide. When designing this curriculum, Cary reflected on techniques he was taught while starting out, the mistakes that he made and the things he wished that he had learned. Cary also tapped into his years of experience coaching at the youth level to identify the areas that must be covered for a young wrestler to develop. The KOLAT.COM Curriculum will enable all wrestlers to discover their strengths and weaknesses and eventually help them to develop their own winning style.

How the Levels Should Be Approached

The levels of the Curriculum should be treated as a knowledge base. The wrong way to look at the levels is to follow the Curriculum assuming all levels are equal to one year of wrestling. That is not the structure of this Curriculum! Levels are taught and athletes evaluated based on how they have perfected the techniques inside a particular level. It is similar to the belt system in Karate. The master instructor will not advance your belt until he feels you have a complete understanding and can execute all of the techniques. This is how levels should be advanced in the Curriculum. The levels allow coaches to know exactly what a wrestler needs. The levels are also used to help motivate wrestlers to gain a better understanding of fundamental skills, as they now know exactly how to move onto the next level. They should only advance after they have passed an evaluation. Athletes will advance levels at different times; what takes one wrestler one year to master might take another much longer. Wrestling teaches athletes discipline, self-confidence, and builds the body. Wrestling is like a sprint in competition, but training and success should be approached like a marathon. Perfecting this sport takes years of learning and training.

Techniques Inside the Curriculum

The techniques inside the Curriculum are not designed to produce athletes who wrestle a certain style. Wrestlers will develop their own style of wrestling over time as they work through the levels. Basic techniques are laid out first to give wrestlers solid fundamentals: offensive attacks, defensive tactics, and position-oriented wrestling. To make sure that wrestlers do not get locked into only one realm of scoring possibilities, the Curriculum slowly branches out. This helps wrestlers become aware of how to wrestle from all areas. For example, using their feet to attack with an inside trip or using a fake to throw an opponent off balance to setup a throw. The intent behind this design is to make them comfortable and to give them knowledge of all positions, which will subsequently help them develop. Style will develop later in a wrestler's career after they have a clear grasp of fundamentals. At that point, a wrestler will begin to focus on specific areas of wrestling technique that fits their skill level and approach to the sport.

Most techniques build from the prior level, so even if a Level 2 wrestler is put into a Level 3 training session (maybe you need him as a partner), he will more than likely have an understanding of what is being drilled and taught in the session.

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Using KOLAT.COM and the Curriculum for Style

Development of style in the Curriculum goes as follows. Wrestler "A" and Wrestler "B" have trained in the same program through all levels and each one has his own style based on body shape, athletic ability, flexibility, and so on. Wrestler "A" may have a real feel for using the Russian 2 on 1 series, but the Curriculum only touches this area with basic scoring positions. A coach or athlete can access the KOLAT.COM Video Library to add more techniques from that series to training sessions. This will give Wrestler "A" more skills in the area he excels in and allow him more opportunities to score when in that position. Wrestler "B" may have a feel for leg riding, so he may want to increase his knowledge of this position. Again, he will be able to dive into the KOLAT.COM Video Library for a more in-depth look at leg riding.

Drills

Drills are imperative in learning skills and techniques throughout the process. All the drills are housed within Level 1. When a coach is looking for something for warm up, conditioning, or in the middle of practice to reinforce a skill, use Level 1 as a reference. Drills are best used in all areas of training, but a huge impact is made in the middle of a training session. This will keep the energy level high in the room and if you notice athletes losing a sweat during a teaching phase, drop a drill in to pick the pace up once again. Keep in mind that drills advance, as do techniques during levels. There will be drills that relate to techniques in Level 3, but there is nothing wrong with teaching athletes drills prior to reaching certain levels. They will gain the benefit of the drill and once a specific technique is brought into training, the athlete will already have a grasp of it. Learning the drills before the technique will also make it easier on the coach to facilitate a warm-up or conditioning session that includes all levels of athletes and doesn't cater to just one group, or to one level of athletes.

Using The Levels To Run Training Sessions

Teams with multiple coaches have the ability to place coaches in charge of different levels. This curriculum allows each to know exactly what needs to be taught and how to plan. Wrestlers could easily be taught drills first and all team members could warm-up together before being split into their teaching groups; however, if you are a one-man show, you can structure workouts to some extent and cater to all athletes. An example would be teaching the High Crotch takedown during a training session. The techniques build so that all wrestlers could be taught the first finish and as you advance the teaching, Level 1 would continue to use Level 1 finishes for the high crotch while you begin to lead into Level 2 finishes, and so on.

What to Expect in the Future

The Curriculum will continue to evolve. Changes and adjustments will be made over time based on feedback from those using the program. Some other facets to be added as the Curriculum progresses:

- A gymnastics program with clips to teach athletes body awareness and to build up explosive power and core strength.
- A strength program with Kettle bell workouts. Kettle bells are easy to store and they do not take up space like traditional weights. They increase core strength, agility, balance and conditioning. They are reasonably affordable.
- KOLAT.COM Planner training sessions geared specifically for this training Curriculum, making it even simpler for coaches to follow along and not run out of ideas when building a session for athletes.
- Curriculum video clips will be added to the video library to specifically follow the Curriculum system. This will be a great asset when combined with our current series based video library of more than 1200 techniques.
- Cary Kolat will begin Weekly FREE Clinics live online. Most clinics will be geared to the Curriculum program to help coaches, parents, and athletes become better acquainted with the new system developed by Cary.

Cary's Advice on When An Athlete Should Start The Curriculum

"That is up to you, the parent, the coach, and the athlete. I can only give my advice with a 33-year knowledge base behind it. You can take my advice, tweak it, or hit the ground running based on what the masses are doing. The body can only take so much over the long haul, and overtraining will increase the risk of injury and eventually serious injury. This can happen at any age and the more you train at a young age the more that risk increases. You can't teach wrestling to a young athlete who cannot control his own body! I have stated this many times to parents wanting to put their son or daughter into the sport at a young age. If your child cannot control his or her own body and do so to the extent of a perfect forward roll, backward roll, cartwheel, front handspring, or back handspring, then why would you think they are ready to learn how to control another person's body? I plan to include some teaching of this in the very near future but gymnastics is the mother of all sports. If you can perform simple gymnastics movements prior to entering wrestling (or any other sport for that matter) your transition into other sports will be much easier!

You only have so many wins in your body, both physically and mentally. You can take a young wrestler, give him a crash course in basic areas and get some wins. Many of the wins will come with bad technique and every time a little guy scores using bad technique that problem only gets worse because five years down the road the next coach will be trying to correct an issue that has been reinforced with wins behind it. That athlete is a nightmare for the new coach, because most times athletes are unwilling to change what has worked so many years for him or her at the younger age groups. Taking your time and perfecting the techniques in the curriculum at a slow pace will not put you on the top of the stand right away, but will put you on the top later down the road... when it counts!

Victories at a young age will help any child with self-esteem issues, confidence, and discipline, but success at a young age in the grand scheme of things is not an indicator of future success. Sure, it is great and exciting to parents and to the athlete, but when everyone gets older and the muscles get bigger he will learn a hard lesson from which you hope he can bounce back, and not be washed out of the sport. The truth of the matter is that success at a young age only means despair at an older age if it's not done correctly. I know it is not what you want to hear but the young kids on top have the odds against them that they fizzle out by junior high and high school. Typically this is due to one of two things: First, they were stronger at a young age getting more wins and reinforcing bad technique habits that need corrected later that they now are unwilling to change. On the other hand, the wrestler

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simply gets tired of wrestling and the pressure that comes along with it later when everyone expects him/her to keep winning like he/she always has.

How you approach the start of your wrestling career is critical to your longevity and success when it really matters. None of the college coaches who recruited me ever asked me about my titles at the youth level. I, myself, go against the rule, having success on all levels; yet understand that there are very few people who have done that and I consider myself very lucky to have accomplished the things that I have in my wrestling career.”

Framework for entering wrestling:

- First, 3-4 year in some sort of gymnastics or tumbling program to promote body awareness.
- Second, 1 to 2 years of training prior to competing in any sort of competition directly for wrestling with training only happening 2-3 days per week. If you can continue the tumbling or gymnastics, stay with it as long as the athlete is not getting too worn out.
- Third, when the athlete feels ready and shows a real desire to start competing, then make the move into competition with no more than 50-60 matches per year.

Breakdown by age:

- 4-5 years of age enter into tumbling
- 8-9 years of age enter into wrestling training
- 10-11 years of age enter into first wrestling competition

Level 1

Feet

Stance

Teaching Note: Stance & Motion is something that is covered daily with specific drills and the actual act of drilling specific techniques. Level 1 puts focus when starting out on both types of stances.

- Square Stance
- Sugar Foot/Shooting Stance

Set-Ups/Tie-Ups

Important: This is an offense approach to using set-ups/ties to gain attacks. You will need to cover clearing ties at some point during your teaching as athletes experience difficulty.

- Collar tie snap
- Inside control circle (Teaching Note: hand position always issue with little guys)
- Fake shot go
- Touch & go
- Freeze fake
- Triceps snap (Teaching Note: hand position always issue with little guys)
- Level change go
- Arm Post
- Head Post

Offensive Takedowns (Teaching Note: once wrestlers achieve a certain level cleanly all drilling should be done with partner sprawling & giving them a defensive look.)

Double Leg

Double Leg Finish

- Hips & head opposite
- Half when opponent turns down
- Leg stack for count (Teaching Note: easy to lock hands here)

Single Leg

Single Leg Finish

- Drive up for foot sweep (Teaching Note: little guys never control leg properly)
- Running the pipe
- Knee to the hole load to hip (Teaching Note: stay below hips)
- Drive up for foot sweep video two

High Crotch

High Crotch Finish

- Change off double
- Hips and head opposite
- Leg stack for count (Teaching Note: easy to lock hands here)
- Half from belly down
- No change possible big lift drive

Fireman's Carry

Fireman's Carry Finish

- Chest to chest
- Half when opponent turns down

Duck-under

Duck-under Finish

- Pull-down from crotch to back

- Lift from crotch to back (Teaching Note: hip bump drill added here)

Defense

Head Hands Hips: Very important defense starts here teaching them about position, stance, & motion when wrestling.

Sprawl (Teaching Note: Used to defend all attempts drills will build up a strong sprawl)

Defend Double Leg

- Sprawl clear & spin
- Defend post elbow to mat spin (Teaching Note: Should be added to stop all leg attacks once you have cleared your hips)

Defend Single Leg

- Clear & spin
- Walking to break a lock
- Wizzer pull up & square to spin

Defend High Crotch (Teaching Note: teaching to transfer head back inside to single puts them back to defending single leg areas)

- Walking to break lock
- Switch to cradle
- Clear & spin

Defend front headlock

- Elbow & hand control to circle up
- Elbow drag
- Cement job defense

Counter Offense

Front Headlock

Front Headlock Finish

- Spin
- Head in hole cradle
- Cement Job
- Shuck

Re-shot

Re-Shot Finish

- Double leg focus (all fundamentals can come from here)

Feet Drills (Teaching Note: Drills will span across full teaching curriculum for all levels but information is housed in Level 1.)

Position Focused Drills

- Finish starts
- Spin drill offense
- Spin drill offense & defense focus
- Re-shot from sprawl position mat
- Re-shot from fake drill
- Maintain position when pulled by collar tie
- No hands block shot
- Head & hands block shot
- When you have feet get tall
- Build up drill against basic takedowns
- Kicking outside with feet when beat on double leg drill (start from butt)
- Russian Tie/2 on 1 control and move partner
- Russian Tie/2 on 1 clear & capture drill
- Pummeling
- Arm drag to corners from all grips
- Back step load with partner
- Back step on wall

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- Back arch with partner
- Back arch using wall
- No partner back arch
- Spin to cradle
- No hands stop opponents shot

Penetration Focused Drills

- Shoot through legs hop back
- Shoot into wall build-up
- Shoot across room

- Level change with leg change

Motion Focused Drills

- Line drill with leader
- Shadow wrestling
- Big circle drill
- Little circle drill

Top

Breakdowns (Teaching Note: You must stress that all breakdowns are about taking opponent out of his base.)

Ankle Breakdown

Ankle Breakdown Finish

- Using waist hand to ankle
- Using elbow hand to ankle
- Driving across the hip with ankle

Tight Waist Chop

Tight Waist Chop Finish

- Tie-Up Wrist for 1 on 1 or 2 on 1
- Staying heavy on bicep & hip control

Tight Waist (Teaching Note: A little different than Tight Waist Chop with more focus on getting hand deep on whistle.)

Tight Waist Finish

- Tie-Up Wrist for 1 on 1 or 2 on 1
- Staying heavy on bicep & hip control

Spiral Breakdown

Spiral Ride Finish

- Circle to 1 on 1

Riding Skills (Teaching Note: Riding is something that is continually perfected during every top session with drilling, drills, etc. Position needs to be taught and continually analyzed by the coach.)

Mat Riding

- Proper position when opponent is on knees
- Proper position when opponent is flat
- Proper position when following opponent in transition

Standing Position Riding

- Deep waist lift with hips
- Sliding to double leg
- Bump up to single leg (Teaching Note: You will have issues with little guys putting head in mat and getting stuck here if not properly executed.)

Important: What you are looking for when forced to ride is getting back behind hips to breakdown or tie-up wrist.

Offensive Turns

Level 1 focus in the top position is about teaching control (riding) & pressure based turns. Tilts will not be introduced until Level 2 top.

Tight Waist & Half (Teaching Note: Can always line-up on strong side)

Tight Waist & Half Finish

- Controlling the hips with tight waist drive & stuff
- Go back to wrist from tight waist & half

Wrist & Half

Wrist & Half Finish

- Opponent flat heavy drive (Teaching Note: Cover key points of pinning with half, lift head, chest to chest, post hand if needed, & being aggressive and bouncing opponent for turn.)
- Opponent builds to knees swing with wrist & half

Bar & Half (Teaching Note: Time will be needed to teach pressure with bar. Little guys will rush losing pressure in most cases.)

Bar & Half Finish

- Running the half side
- Running the bar side
 - Stack finish
 - Chest to chest finish
- Jumping sides between bar & half
 - Double bar opening stack

Wrist & Cradle

Wrist & Cradle Finish

- Chop 1 on 1 to nearside cradle (Teaching Note: The jump to the head is where they lose pressure when trying to keep opponent flat.)
- 1 on 1 opponent builds to knees nearside cradle

Top Drills

Breakdown Drills

- Starts on the whistle working through all breakdowns
- Duration go with bottom man building working through all breakdowns

Riding Drills

- Sit and follow drill
- Sit and follow drill combined with re-route
- Return opponent to mat with lift
- Sit and lift riding drill combined
- Return to mat using all leg drop attacks
- Chest to back circle and jump sides on whistle
- Take opponent out of sit-out to wrist
- Tight Waist bottom man rolls to base follow change direction
- Starting in crab elevate to stomach

Bottom

Teaching Note: Bottom is like riding a bike and understanding pressure to recover from situations. There will be techniques that are drilled on a regular basis but the key is drills to improve closing doors and defending top opponents pressure.

Holding Base

- Explanation of wide base (Teaching Note: You will need to understand how to fight pressure against certain rides)
- Fighting the tight waist
- Fighting the ankle breakdown
- Fighting the spiral breakdown
- Fighting the Claw breakdown

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- Clearing the ankle hook ride

Base Building (Teaching Note: Base building relies heavily on drills to strengthen the skill.)

- Build base from pressuring back into opponent

Sealing Off (Teaching Note: Sealing off relies heavily on drills to strengthen the skill.)

- Sealing off

Clearing Wrist (Teaching Note: Always an issue for young wrestlers. Skill needed to be perfected when first move is beat on whistle.)

- Do's and Don'ts of clearing your wrist
- Spinning wrist from knees
- Spinning wrist from stomach and rebuild
- Clearing 2 on 1 from knees
- Clearing 2 on 1 from stomach

First Move Techniques: These are primary moves that should be drilled on a regular basis. Athletes will over time develop their own system on the whistle to achieve escapes or reversals.

Sit-Out

- Sit-Out and turn in
- Sit-Out to Peterson roll (Teaching Note: Top man will have to be given some direction on following for drill.)
- Sit-Out to Stand-Up (Teaching Note: Top man will have to be given direction on following and you should have covered basic stand-up before tying the moves together.)

Switch

- Switch digging for reversal
- Switch exploding for reversal
- Switch tying to sit-out, stand-up, and hip heist (Teaching Note: All moves should be covered individually before tying together.)

Stand-Up (Teaching Note: Determine the leg that should be used.)

- Stand-Up proper position when on feet and cutting away
- Stand-Up breaking opponents lock
- Stand-Up elbow hand capture cut away
- Stand-Up stomach hand capture cut away
- Stand-Up when being returned you are looking for base
- Stand-Up when returned look for stand-up, sit-out, or hip heist (Teaching Note: All moves should be covered individually before tying together)

Hip Heist

- Hip Heist proper mechanics and form
- Hip Heist cutting to the stomach hand
- Hip Heist cutting away from the stomach hand
- Hip Heist drilling with the sit-out and stand-up (Teaching Note: All moves should be covered individually before tying together.)

Defending Top Man Attacks

Teaching Note: Obviously wrestling is a game of positions and it is almost impossible to list all techniques that a top man will throw at you. This sections deals with common positions seen in wrestling and counters to defend.

Defending the Half

- Defend Half look away and build
- Defend Half peel top hand and build
- Dangers of peeling half

Defending Arm Bar

- Defend Arm Bar by blocking hip build
- Defend Arm Bar by limping arm (Teaching Note: This defense can take some time for young athletes to perfect)
- Defend Arm Bar by trapping opponents leg

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- Defend Arm Bar by going with movement (Teaching Note: This is used more as a last resort to defend this position)

Defending Nearside Cradle

- Defend Nearside Cradle wide base fight hands
- Defend Nearside Cradle once turned

Defending Far-Side Cradle

- Defend Far-Side Cradle wide base fight hands
- Defend Far-Side Cradle once turned

Bottom Drills

Hip Heist Drills

- Hip Heist on wall
- Partner head hold hip heist cut drill
- Hip Heist from partners back drill
- Sitting on butt hip heist drill

Stand-Up Drills

- Stand-ups on wall
- Holding the stand-up from feet
- Opponent across shoulders stand-up power building drill
- Stand-Up opponent returns stand again

Base Drills

- Defend all breakdown attempts drill
- Holding base and sealing the doors
- Holding Base partner working to destroy base
- Clearing 2 on 1 stomach rebuild
- Recover from tight waist chop drill
- Building base opponent laying on the top drill

Sit-Out Drills

- Sit and Turn motion drill
- Holding the sit-out position

Fighting Off Back Drills

- Back bridge to base drill
- Back bridge with opponent to base drill

Defending Cradles Drills

- Strong Nearside Cradle base drill
- Strong Far-Side Cradle base drill

Granby Drills

- Granby line drills without partner

Changeover Drills

- Changeover Drill no partner
- Changeover Drill with partner

Defending Legs Drills

- Defending foot first attack with elbow
- Defending foot first attack grab instep
- Defending knee first attack with elbow
- Defending knee first with hip heist out
- Leg in switch to defend
- Defending Leg with foot fight drill

Defending Crab Ride Drills

- Hop out of pocket drill
- Clear hands and slide drill

Level 2

You are now in Level 2 wrestling if athletes can not perform level 1 techniques smoothly they will have difficulty performing level 2 techniques. This program builds from each level previously covered. Although you will not see Level 1 techniques listed in this section of the teaching curriculum it is understood that they are part of every day drilling.

Feet

Set-Ups

Important: This is an offense approach to using set-ups/ties to gain attacks. You will need to cover clearing ties at some point during your teaching as athletes experience difficulty.

- Elbow Pass
- Busy Hands
- Fake & Snap
- Front Headlock Standing
- Underhook
 - Attacking Underhook
 - Wrist & collar tie slide in
 - Inside control fake shot
- Triceps snap slide in

Offensive Takedowns

Teaching Note: once wrestlers achieve a certain level cleanly all drilling should be done with partner sprawling & giving them a defensive look.

New Technique Added for Level 2

Snag Single

Snag Single Finish (Teaching Note: Level 1&2 finishes appear here.)

- Snag single mechanics
- Snag single run the pipe
- Snag single foot sweep

Far Arm Dump (single leg with arm)

Far Arm Dump Finish

- Far arm dump mechanics
- Dump to back with chest to chest finish

Low Single

Low Single Finish

- Low single through hole no fight
- Low single weight on foot
- Low single weight on foot capture hip to finish

Ankle Pick

Ankle Pick Finish

- Ankle pick mechanics
- Ankle pick from collar tie

Knee Pick

Knee Pick Finish

- Knee pick mechanics
- Arm to the sky run through

Technique From Level 1 Continually Drilled with only new finishes added.

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Double Leg

Double Leg Finish (Teaching Note: All finishes will come from our opponent beating us with a sprawl we will then attack single or high crotch. All current finishes apply to those shots depending on defense.)

- Opponent sprawls change to high crotch
- Opponent sprawls change to single leg

Single Leg

Single Leg Finish

- Opponent sprawls chase cut across body
- Drive up explode to double leg
- Run pipe change to double leg explode

High Crotch

High Crotch Finish (Teaching Note: Crackdown may begin to appear here.)

- Load over shoulder out the back door
- Opponent attempts to sit corner head to knee change to double

Fireman's Carry

Fireman's Carry Finish

- Opponent sprawls power to high crotch

Duck-under

Duck-under Finish

- Opponent backs out attack crotch
- Duck to double leg

Defense

Important: Except for a few minor additions defense has not changed from Level 1 we are continually working to defend the fundamental positions. Anything new that is added beyond this curriculum is coaches discretion based on what is seen in competition and deemed a problem area for the team that needs to be addressed.

Defend High Crotch

- Chest lock
- Crotch lift

Defend Low Single (Teaching Note: Sprawl always first defense.)

- Elbow trap fall off head when loaded
- Back foot pick up and kick
- Back to wizzer if opponent gets through hole

Defend Single Leg (Teaching Note: Sprawl always first defense.)

- Elbow trap fall off head when loaded
- Back foot pick up and kick
- Back to wizzer if opponent gets through hole

Defend Double Leg

- Wizzer belly down when beat on double leg

Defend Front Headlock

- Drive up peek high crotch
- Drive up peek double leg

Counter Offense

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Important: Except for a few minor additions counter offense has not changed from Level 1 we are continually working counter offensive positions. Anything new that is added beyond this curriculum is coaches discretion based on what is seen in competition and deemed a problem area for the team that needs to be addressed.

Front Headlock

Front Headlock Finish

- Slide to high crotch
- Slide to double leg
- Allow rebuild to sweep single
- Allow rebuild to far arm dump

Double Overs

- Double Overs Finish

- Pull to elbow spin
- Fake spin opposite side
- Head in the hole crush to hip

Drills

Teaching Note: All drills are housed in Level 1 and fit into all levels of wrestling equally.