

**User Name:**finish strong  
**Coaching Background (level, year exp., etc.):**High School, 20 years  
**Training Level:**Youth  
**Wrestling Style:**Collegiate  
  
**Session Goal:**  
  
Youth Wrestling Clinic - Introduction to sport and technique camp. The high school coaching staff assisted by the high school wrestling team will conduct a youth clinic. The goal is to introduce young wrestlers to the sport of wrestling in a positive environment. Fundamentals, technique, drills, games, and mini-talks based on Coach Wooden's Pyramid of Success will be incorporated in the 3.5 hour clinic. The clinic will begin with an introduction and demo of the sport. It will be followed by a warmup, and 30-35 minutes of instruction from each area (neutral, top, bottom). After demonstrating and drilling the fundamentals and technique from each area the youth wrestlers will participate in a series of drills and games that relate to the area taught. The format of the clinic will progress as follows:

* Focus talk - neutral fundamentals/technique - neutral drills and games
* Focus talk - top fundamentals/technique - top drills and games
* Focus talk - bottom fundamentals/technique - bottom drills and games)

The clinic will conclude with 10 - 15 minutes of PTA (Positive Training Attitude session) and then 10 - 15 minutes of Team competitions / games.  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**  
  
Basic Total Body Warmup:

1. Jog: 3-4 minutes
2. Side Shuffle Jumping Jack (both directions): 30 seconds each side
3. Backward run :30
4. Grapevine (Carioca) (both directions) :30 seconds each side
5. Forward skip :30
6. Side Shuffle (both directions) :30 seconds each side
7. Back skip :30
8. Side skip (both directions) :30 seconds each side
9. Touch heels/butt kickers :30
10. High Knees :30
11. Forward rolls :30
12. Backward rolls :30
13. Cartwheels :30
14. Walking knee hugs :30
15. Walking lunges :30
16. Straight leg kick walk (touch opposite foot) :30
17. Hamstring toe walk (opposite hand to toe) :30
18. Side lunge (both sides) :30
19. Inchworm forward (walk feet to hands and repeat 4 times)
20. Inchworm backward (walk hands to feet and repeat 4 times)
21. Torso rolls in place (roll out the hips) :30 sec
22. Alternating toe touches in place (15 reps each side)
23. Huggers: 30
24. Steam engines :30
25. Supermans (low back extension – arms and legs up): 30 seconds

**Approx. Technique/Drilling Time:**1.5 hours  
  
**Technique/Drilling Design:**  
  
**Training Block 1:**  
  
Neutral (Focus Talk on Hard Work and Enthusiasm)  
1. Fundamentals/Drills = Stance, motion, penetration step  
2. Defense = Three lines of defense (hands, head, hips)  
3. Technique = Double leg, Counter to double leg; High Crotch to Double; Defense to High Crotch  
4. Neutral drills / games = Recover to stance from stomach; Head to head pop up drill; Head to head on back pop up drill; Spin drill; Ankles for points drill, Knees or hand(s) for points drill; One foot wrestling (attempt to force other wrestlers to put foot down = last man standing); Sumo (to enter ring must bow and slop mat three times; goal = push opponent out of circle).  
  
Training Block 2:  
  
Top (Focus talk on Friendship, Loyalty, Cooperation)  
1. Fundamentals/ drills = Review referee's position.  
2. Breakdowns = Tight-waist / far ankle; Drop shoulder / far ankle and knee; Arm chop / tight-waist  
3. Technique = Breakdown to Half and wrist (proper finish); defense to half; Breakdown to crossface cradle; Defense to cradle  
4. Top drills / games = Breakdown drill on whistle; sit and follow drill; Arm wrestling; Thumb wrestling; Mat ball  
  
Training Block 3:  
  
Bottom (Focus Talk on Self-control, Tenacity, Conditioning, Skill)  
1. Review Referee's position - explanation of position of hands, head, knee, and feet)  
2. Fundamentals / drills = Holding a good base; base building  
3. Technique = Frog hop stand up; inside / outside leg stand up; Sit out turn in for one (to a double leg or high crotch); \*switch  
4. Bottom drills / games = Holding a good base; Base building, Stand up on whistle; Sit out turn in on whistle; Reacting from referee's position (side by side in opposite directions); Snake pit; Dodge ball on wall  
  
**KOLAT.COM Clips Used:**

* **[What should you start wrestling](https://www.kolat.com/all-perspective-clips/-what-age-should-you-start-wrestling" \t "_blank)**
* **[Explanation of Double Leg Positioning](https://www.kolat.com/double-leg/-explanation-of-double-leg-positioning" \t "_blank)**
* **[Double Leg hips and head opposite](https://www.kolat.com/double-leg/-double-leg-hips-and-head-opposite" \t "_blank)**
* **[Defend Double Leg sprawl clear and spin](https://www.kolat.com/defend-double-leg/defend-double-leg-sprawl-clear-and-spin" \t "_blank)**
* **[High Crotch positioning](https://www.kolat.com/high-crotch/-explanation-of-high-crotch-positioning" \t "_blank)**
* **[Defend High Crotch sprawl clear and spin](https://www.kolat.com/defend-high-crotch/-sprawl-clear-and-spin-to-defend-high-crotch" \t "_blank)**

**Approx. Live Wrestling:**10 min  
  
**Live Wrestling Design:**There will be little live wrestling.  Live wrestling will be incorporated into some of the reaction drills (short go's of 5 - 10 seconds).  
  
**Approx. Conditioning Time:**15 min  
  
**Conditioning Design:    
  
​**Mix of conditioning and drilling = Jog, sprints, push ups, burpees, stand ups, body squats, stationary lunges, crunches, spins, build base, foot fire squat, in and outs, Supermans, sit and turn in, penetration steps, alternating shoulder tap, plank hold (center, right, left), foot fire sprawl, back to stance from stomach, leg lifts to finish.

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