

# Truckee Wrestling Curriculum Cheat Sheet (hyperlinked to demonstration videos)

## 1. Drills and Activities

### a. Gymnastics and Tumbling

- [i. Forward Rolls](#)
- [ii. Forward Diving Rolls](#)
- [iii. Alternating Shoulder Rolls](#)
- [iv. Backward Rolls](#)
- [v. Backward Rolls with Extension](#)
- [vi. Cart Wheels](#)
- [vii. Head Springs](#)
- [viii. Round Offs](#)

### b. Jumping and Explosion

- [i. One Leg Hops](#)
- [ii. Knee Explosions to Feet](#)
- [iii. High Knees](#)
- [iv. Backward High Knees](#)
- [v. A-Skips](#)
- [vi. Butt Kickers](#)
- [vii. Forward Skip](#)
- [viii. Backward Skip](#)
- [ix. Bounding Skip](#)
- [x. Standing Broad Jump](#)
- [xi. Knee Ups](#)
- [xii. 360 Jumps](#)

### c. Agility & Foot Speed Drills

- [i. Bunny Hops](#)
- [ii. Carioca](#)
- [iii. Sprint](#)
- [iv. Backward Sprint](#)
- [v. Lateral Glides](#)

### d. Core & Coordination Drills (Lines)

- [i. Walking on hands \(with partner if needed\)](#)
- [ii. Bear crawl](#)
- [iii. Crab walk](#)
- [iv. Knee running \(hands off of mat\)](#)
- [v. Sideways plank walk \(side winder\)](#)
- [vi. Seal crawl](#)
- [vii. Army crawl](#)
- [viii. Duck Crawl](#)

### e. Skills Based Activities

- [i. Stance & motion](#)
- [ii. Scramble to stance](#)
- [iii. Mirror drill](#)
- [iv. Limbo level change](#)
- [v. Jolt drill](#)
- [vi. Stand up returns](#)
- [vii. Back step summersault](#)
- [viii. Cricket & Wicket](#)
- [ix. Spin drill](#)
- [x. Crawl under and arch-overs](#)
- [xi. Wall walk](#)
- [xii. Back Arch](#)
- [xiii. Wall Bridge](#)
- [xiv. Wall Flip Over](#)
- [xv. Rockover](#)

### f. Strength Based Drills (scatter & partner)

- [i. Tip up](#)
- [ii. Neck bridges & walk around](#)
- [iii. Iron cross](#)
- [iv. Front bridge kickovers](#)
- [v. Clock](#)
- [vi. Push ups](#)
- [vii. Sit ups](#)
- [viii. Buddy carry](#)
- [ix. Fireman's buddy carry](#)
- [x. Flip over](#)
- [xi. Bridges - front & back](#)

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### 2. Wrestling Specific Games

2) Wrestling Specific Games
<a href="#">a. Switcher</a>
<a href="#">b. Wrestlers Handshake</a>
<a href="#">c. Caged Up</a>
<a href="#">d. Coiled Spring</a>
<a href="#">e. Bull Riding</a>
<a href="#">f. Fox Tail</a>
<a href="#">g. Spinning Bear</a>
<a href="#">h. Crack The Whip</a>
<a href="#">i. Bone Fight</a>
<a href="#">j. Face Off</a>
<a href="#">k. Scramble to Attack</a>
<a href="#">l. Cricket &amp; Wicket</a>
<a href="#">m. Sneaky Snap</a>
<a href="#">n. Whizzer</a>
<a href="#">o. Log Lift</a>
<a href="#">p. Stuck In Mud</a>
<a href="#">q. Turk Step Chase</a>
<a href="#">r. Switcheroo</a>
<a href="#">s. Toe Tackle</a>
<a href="#">t. Toe Tag</a>
<a href="#">u. Spider Fight</a>
<a href="#">v. Sock Game</a>
<a href="#">w. Logs Rolls</a>

### 3. Live Wrestling Activities

3) Live Wrestling Activities
a. One on one – minimal w/younger ages during practice
b. Shark Bait : Groups of four to five. One person stays in middle while others feed in after a specified time. Number yourselves 1-5.
c. Group of 3 : Three person rotations with each person staying out two goes. Number yourselves 1-3.
d. Situation wrestling: positions determined by coach
e. Circle Par Terre / Referees Position

### 4. Games

4) Games
<a href="#">a. Power Ball</a>
i. Get a taped up towel or t-shirt for the ball.
ii. Play length & width of room – two steps max – pass to teammate
iii. Ball hits floor – goes to other team
iv. Goal is scored by touching ball to designated goal area
b. Soccer
c. Speed Ball
i. Played feet – three steps only. Touchdown scored by teammate catching ball in end zone
d. Norske Ball
i. Played on knees – two teams. Goal is garbage can – ball that hits the can is worth one point – ball that goes in is worth two points
e. Quarter Deck
i. Three decks – quarter, main, and poop. Coach announces what deck to be on – last one there is out. Tests wrestlers' listening skills as well
<a href="#">f. Knee Tag</a>
i. Neutral position – move around and tag the inside of partner's knees
<a href="#">g. Sharks &amp; Minnows&gt;</a>
i. Two teams – try to get other team members to your side
<a href="#">h. Rescue Mission</a>
i. Four person groups – relay race to see who can get the other three teammates to a point on the mat
i. Relay races
i. Wheel barrel, crab walk, walking on hands, running on knees, etc.
<a href="#">j. Chicken</a>
i. Stand on one foot and try to knock each other over or make them lose hold on their foot.
k. Oregon Kings
i. Two teams – pick a king for each team (not announced) – team up and pin opponents team members – king can come to feet and flee – when king is pinned that team loses

## 5. Folkstyle Level 1 Technique

<b>1. Neutral Position</b>
<a href="#">a. Stance: Staggered &amp; square</a>
<a href="#">b. Motion</a>
<a href="#">c. Penetration Step: Change your elevation before penetration</a>
<a href="#">d. Back Step</a>
<b>2. Neutral Position – Offense</b>
a. Take Downs
<a href="#">i. Double leg</a>
<a href="#">ii. Single leg</a>
<a href="#">iii. Snap &amp; spin</a>
iv. Back step offense
<a href="#">1. Head &amp; arm</a>
<a href="#">2. Arm spin</a>
b. Set-ups / control ties
<a href="#">i. Wrist tie</a>
<a href="#">ii. Head snap</a>
<a href="#">iii. Pop &amp; go</a>
<b>3. Counter Offense</b>
<a href="#">a. Lines of defense</a>
<a href="#">b. Sprawl &amp; spin</a>
<a href="#">c. Stuff head</a>
<b>d. Back step defense</b>
<a href="#">i. Head &amp; arm defense</a>
<a href="#">ii. Arm spin defense</a>
<b>4. Referee's Position</b>
<a href="#">a. Basic positioning / procedure</a>
<a href="#">b. Stand up</a>
<a href="#">c. Switch</a>
<b>5. Referee's Top Position</b>
<a href="#">a. Basic positioning (riding)</a>
<a href="#">b. Pop &amp; chop</a>
<a href="#">c. Ankle rides / Breakdowns</a>
<a href="#">d. Spiral ride / Breakdowns</a>
<a href="#">e. Returns to mat (Hip Dump)</a>
<a href="#">f. Half nelson</a>
<a href="#">g. Cradle</a>

## 6. Folkstyle Level 2

<b>1. Neutral Position</b>
a. Stalking your opponent
<a href="#">i. Close the Gap</a>
<a href="#">ii. Making contact</a>
b. Hand fighting to control tie
<a href="#">i. Handfighting - Control tie</a>
<a href="#">ii. Handfighting - Don't reach</a>
<b>2. Neutral Position – Offense</b>
a. Take Downs
i. Sweep Single
<a href="#">a. Sweep single inside</a>
<a href="#">b. Sweep single outside</a>
<a href="#">c. Tree top finish</a>
<a href="#">d. Run the pipe head inside</a>
<a href="#">e. Run the pipe head outside</a>
ii. High crotch
<a href="#">a. Inside step penetration</a>
<a href="#">b. Outside step penetration</a>
<a href="#">c. Pop finish</a>
<a href="#">d. Change to a double</a>
iii. Double Leg
<a href="#">a. Double Leg inside</a>
<a href="#">b. Double Leg outside</a>
iv. Fireman's Carry
<a href="#">a. Inline finish</a>
<a href="#">b. Kelly finish</a>
<b>3. Counter Offense</b>
<a href="#">a. Front headlock</a>
<a href="#">i. Go behind</a>
b. Stuff head
<a href="#">i. Single - Head inside</a>
<a href="#">ii. High crotch - head outside</a>
<b>4. Referee's Position</b>

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<a href="#">a. Stand Up</a>
<a href="#">b. Short sit</a>
<a href="#">i. Stand Up</a>
<a href="#">ii. Switch</a>
<a href="#">iii. Head post</a>
<b>5. Referee's Top Position</b>
<a href="#">a. Pop &amp; Chop</a>
<a href="#">i. Near wrist - cheap tilt</a>
<a href="#">ii. Far side tilt</a>
<a href="#">iii. Bar arms</a>
<a href="#">b. Spiral ride</a>
<a href="#">i. Arm turk</a>
<a href="#">ii. Leg turk</a>

### 7. Folkstyle Level 3

<b>1. Neutral Position</b>
<a href="#">a. Hands &amp; wrists (fighting for control)</a>
<a href="#">b. Opponent posting</a>
<a href="#">c. Hand fighting drill</a>
<a href="#">d. Inside ties</a>
<a href="#">e. Underhook (head position)</a>
<b>2. Neutral Position – Offense</b>
<a href="#">a. Take Downs</a>
<a href="#">i. Single leg - feet</a>
<a href="#">ii. Single leg - sweep / running the corner</a>
<a href="#">iii. Trick knee whizzer</a>
<a href="#">iv. Single leg - back door</a>
<a href="#">v. Single leg - rotate direction</a>
<b>3. Counter Offense</b>
<a href="#">a. Front headlock</a>
<a href="#">i. Clearing elbow</a>
<a href="#">ii. Whipovers</a>
<a href="#">iii. Knee tap</a>
<b>4. Referee's Bottom Position</b>

<a href="#">a. Base building</a>
<a href="#">b. Holding base drill</a>
<b>5. Referee's Top Position</b>
<a href="#">a. Spiral ride to legs</a>
<a href="#">b. Claw ride to legs</a>

### 8. Olympic Styles Level 1

<b>1. Neutral Position</b>
<a href="#">a. Freestyle Stance</a>
<a href="#">i. Similar to folkstyle</a>
<a href="#">b. Greco-Roman Stance</a>
<a href="#">i. Higher elevation follows basic fundamentals</a>
<a href="#">ii. Waist and up wrestling – not as different as you may think</a>
<b>2. Offense</b>
<a href="#">a. Take Downs</a>
<a href="#">i. Blast double leg</a>
<a href="#">ii. Snatch single leg</a>
<a href="#">iii. Snap down/front headlock</a>
<a href="#">iv. 2 on 1 hi-dive</a>
<a href="#">v. 2 on 1 duck under</a>
<a href="#">b. Set-ups / control ties</a>
<a href="#">i. Wrist tie/baseball grip</a>
<a href="#">ii. 2 on 1</a>
<a href="#">iii. Arm drags/chops</a>
<a href="#">iv. Inside tie/elbow tie</a>
<a href="#">v. Backstep</a>
<a href="#">c. Finishes</a>
<a href="#">i. Covering opponents hips</a>
<a href="#">ii. Turks</a>
<a href="#">iii. Transitioning to top/par terre</a>
<b>3. Counter Offense</b>
<a href="#">a. Lines of defense</a>
<a href="#">b. Down block &amp; sprawl</a>
<a href="#">c. Stuff head to cheap tilt</a>
<a href="#">d. Stuff head to crossface</a>
<a href="#">e. Back step defense</a>
<a href="#">i. Head and arm</a>
<a href="#">ii. Arm spin/throw</a>

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<b>4. Par Terre Position</b>
a. Par terre Offense
<a href="#">i. Gut wrench</a>
<a href="#">ii. Ankle lace</a>
<a href="#">iii. Reverse lift</a>
b. Par Terre Defense
<a href="#">i. Hips &amp; shoulders square/heavy</a>
<a href="#">ii. Fight the lock</a>
<a href="#">iii. Movement on bottom</a>
<a href="#">iv. Ankle lace defense</a>

## 9. Freestyle Level 2

<b>1. Neutral Position</b>
<a href="#">A. Head Position</a>
<a href="#">i. Elevation</a>
<a href="#">ii. Angle</a>
<a href="#">B. Crowding</a>
i. Engaging with hands
ii. Straight lines
iii. Move to same side attacking
C. Making contact
i. Offensive priority with defensive ability
ii. Moving forward to angle
<a href="#">iii. Closing the gap</a>
<b>2. Neutral Position-Offense</b>
<a href="#">A. Inside step penetration</a>
<a href="#">i. Hi-C</a>
<a href="#">ii. Double leg</a>
1. Attack the far hip
<a href="#">iii. Inline Fireman's Carry</a>
<a href="#">B. Outside step penetration</a>
<a href="#">i. Single leg</a>
<a href="#">ii. Snatch single</a>
<a href="#">iii. Outside double leg</a>
<a href="#">iv. Duckunder</a>
<a href="#">C. Setups/Handfighting</a>
i. Wrestling where you want
ii. Force your opponent's reaction
<a href="#">iii. Level change</a>

1. Beating your opponent's head and hips
<a href="#">D. Scoring takedowns</a>
i. From your knees
<a href="#">E. Finishes</a>
i. Wrestle all the way to the points
ii. Multiple scores
iii. Transitioning from the takedowns
<b>3. Counter Offense</b>
<a href="#">A. Stuff head to breaking down opponent's attack</a>
<a href="#">B. Foot to mat</a>
<a href="#">C. Foot to mat with moving head</a>
<b>4. Par Terre Position</b>
A. Offense
<a href="#">i. Gut wrench - Low Lock</a>
<a href="#">ii. Leg lace - Cartwheel</a>
B. Defense
<a href="#">i. Gut wrench - low lock</a>
<a href="#">ii. Ankle lace - catch ankle</a>

## 10. Greco Roman Level 2

<b>1. Neutral Position</b>
<a href="#">A. Pummel Outline</a>
<a href="#">i. Pummel drills</a>
<a href="#">ii. Pummeling to arm-drag</a>
<a href="#">1. Pummeling to arm-drag with inside step</a>
<a href="#">iii. Pummel to single underhook</a>
<a href="#">iv. Pummel to double underhooks</a>
<a href="#">iv. Using legs/push-pull motion</a>
<b>2. Offense</b>
A. Take Downs
i. Head & Arm
<a href="#">1. Sag headlock</a>
<a href="#">2. Reverse headlock</a>

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<a href="#">ii. Hiplock</a>
<a href="#">iii. Arm Throw</a>
<a href="#">iv. Slide by</a>
B. Set-ups / control ties
<a href="#">i. Single Underhook</a>
<b>3. Defense</b>
<a href="#">A. Defending double underhooks</a>
<a href="#">B. Defending single underhooks</a>
<a href="#">C. Defending hiplock</a>
<a href="#">i. Defending hiplock with counter offense</a>
<b>4. Par Terre Position</b>
A. Offense
<a href="#">i. Arm bar Part 1</a>
<a href="#">ii. Arm bar Part 2</a>
<a href="#">iii. Reverse Lift from feet</a>
<a href="#">iv. Reverse Lift from knees</a>
B. Defense
<a href="#">i. High gut wrench</a>
<a href="#">1. High gut wrench drills</a>
<a href="#">ii. Mid gut wrench</a>
<a href="#">1. Mid gut wrench drills</a>
<a href="#">iii. Combo gut wrench drill</a>
<a href="#">iv. Straight-lift</a>