|  |  |  |  |
| --- | --- | --- | --- |
| **Red Shirt Testing** |  |  |  |
|  | **Exercise** | **CheckPoints** | **Performance** |
| **Strengths** | [**Deep Squat**](https://www.youtube.com/watch?v=R1v152b72lo) | [ ] Feet shoulder width apart [ ] Knees Not Past Toes[ ] Straight Back[ ] Chest and Head Up | Perform 10 deep squat with correct formE S N  |
|  | [**Plank**](http://youtu.be/C6XoYAVLKkM?t=20s) | [ ] Elbows Locked[ ] Hands Under Shoulders [ ] Back is Flat[ ] Behind Down | Hold proper plank position: Attempt 30 secondsMinimum 10 secondsE S N |
|  |  |  |  |
|  | [**Lunges**](https://www.youtube.com/watch?v=Z2n58m2i4jg) | [ ] Back Knee 1 Inch From Floor[ ] Front knee NOT Past Front Toes [ ] Back is Straight[ ] Keep Balance on Return | Perform alternating lunges. 5 each legE S N  |
|  | [**Bridge**](http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2015/02/06/NeckBridgesWalkAroundmp4?channel=Q1Mzg3czpps26uY5vp46A7I3B0wr4png) | [ ] Hips Extended Off the Mat [ ] Proper Head Position[ ] Not Overextended (neck) | Hold bridge arch for 20 secondsE S N  |
| **Skills** | [**Forward Rolls**](http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2014/05/22/Forward-Rolls?channel=lub24wbjrhaBexob5gIp3v_Udl_zcpBP) | [ ] Hand Position [ ] Chin to Chest[ ] Body Remains Tucked[ ] Return to Good Position | Perform 5 forward rollsE S N  |
|  | [**Bear Crawl**](http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2015/02/06/BearCrawlmp4?channel=Q1Mzg3czpps26uY5vp46A7I3B0wr4png) | [ ] Hands and Feet Only[ ] Maintain Proper Balance [ ] Acceptable Bear Growl :) | Bear crawl required distance without losing positionE S N |
|  |  |  |  |
|  | [**Duck Walk**](http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2015/02/06/DuckCrawlmp4?channel=Q1Mzg3czpps26uY5vp46A7I3B0wr4png) | [ ] Proper Position (Deep Squat) [ ] Maintain Low Position[ ] Back Upright (not bent over) [ ] Acceptable Duck Quack :) | Duck walk required distance without losing positionE S N |
|  |  |  |  |
|  | **Galloping** | [ ] One foot stays in front [ ] Knees slightly bent[ ] Proper hopping motion, under control | Gallop correctly for designated distance.E S N |
|  |  |  |  |
| **Techniques** | [**Position (stance)**](http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2014/05/22/Stance?channel=ZjMW4wbjoa4gqAYznD3Po6p8jYwsryAH) | [ ] Proper Foot Distance [ ] Knees Bent[ ] Back Straight [ ] Arm Position | Demonstrate Proper PositionE S N  |
|  | [**Motion**](http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2014/05/22/Motion?channel=ZjMW4wbjoa4gqAYznD3Po6p8jYwsryAH)[**Level Change**](http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2014/05/22/Penetration-Step?channel=ZjMW4wbjoa4gqAYznD3Po6p8jYwsryAH) | [ ] Proper Small Step (back), Big Step (front)[ ] Foot Distance Always Shoulder Width [ ] Feet NEVER Crossed or Touched[ ] Not Bent at Back [ ] Head Up[ ] Keep Good Position | ForwardE S N Left. Right, Circle L&RE S N Perform required level change from proper position. Perform from MotionE S N  |
|  | **Penetration Step** | [ ] footwork and level change[ ] lead leg penetrates knee to mat [ ] penetration step depth[ ] swing trail leg up for finish or back to position | Perform proper penetration step techniqueE S N |
|  | **Set Top** | [ ] Knee Placement[ ] Back Foot Placement [ ] Proper Elbow Grip[ ] Proper Wrap Hand Position | Demonstrate Proper Top Set PositionE S N  |
|  | **Set Bottom** | [ ] Proper Hand Placement [ ] Proper Knee Placement [ ] Head Position[ ] Weight Distribution (lower body) | Demonstrate Proper Bottom Set Position E S N |