|  |  |  |  |
| --- | --- | --- | --- |
| **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 form  E 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 seconds  Minimum 10 seconds  E 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 leg  E 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 seconds  E 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 rolls  E 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 position  E 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 position  E 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 Position  E 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 | Forward  E S N  Left. Right, Circle L&R  E S N    Perform required level change from proper position. Perform from Motion  E 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 technique  E S N |
|  | **Set Top** | [ ] Knee Placement  [ ] Back Foot Placement [ ] Proper Elbow Grip  [ ] Proper Wrap Hand Position | Demonstrate Proper Top Set Position  E S N |
|  | **Set Bottom** | [ ] Proper Hand Placement [ ] Proper Knee Placement [ ] Head Position  [ ] Weight Distribution (lower body) | Demonstrate Proper Bottom Set Position E S N |