



COURAGE

-to do the right thing

PRIDE

-in self, school, and community

HONOR

-the game and opportunity to compete

SACRIFICE

-to make it all happen

COLLEGE PARK WRESTLING TECHNIQUE HANDBOOK

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COLLEGE PARK WRESTLING TECHNIQUE HANDBOOK

The Mission of College Park Wrestling is to provide a fun, healthy, and safe environment, where student athletes may work hand in hand with the coaching staff to learn and achieve their goals in the sport of wrestling. Wrestling is not for everyone. It is an intense, full contact sport that requires hard work, commitment, and character. To achieve success in wrestling you must set increasingly high standards and goals, then dedicate yourself 100% to achieve them. Remember that champions are often, but not always, the ones that win the most matches. True champions are the guys who get the most out of themselves and others. They strive to be great, and often do achieve greatness. At the very least they command respect.

- Hard work pays off. Work hard, stay healthy, play safe, and most importantly have fun.
- Set realistic goals, making sure to set them high. Never sell yourself short. (Everyone's goals will differ).
- Wrestling is and always has been an intense sport.
- Always work your personal best. You get out of the sport what you put in.
- Respect yourself, teammates, coaches, and others.
- Repetition, intensity, sacrifice, emotion, and preparation are all keys to success.

Athletes should walk away from the program having first and foremost enjoyed themselves. In the process they should have gained self esteem, learned healthy lifestyle habits, gained knowledge of the sport, and learned the value of hard work.

“Those who enter will be challenged. Those who remain will become champions.”

COLLEGE PARK WRESTLING TECHNIQUE HANDBOOK

COLLEGE PARK WRESTLING TECHNIQUE CHECKLIST						
POSITION OFFENSE- GOOD POSITION & MOTION/ ALWAYS CONTROL THE TEMPO/ ALWAYS LOOK TO SCORE/PRESSURE						
OPEN	OUTSIDE	COLLAR TIE	UNDERHOOK	INSIDE	OVER COLLAR	2 ON 1
*BLAST DBL	PISTOL HC	*SNAPS	CROSS PICK	SWING SINGLE	SHRG SWEEP	POST DBL
POST DBL/HC	PISTOL SINGLE	ABBAS SNAP	SLIDE BY	HANG SINGLE	SHRG TO BODY	PUNCH MAT
*DRAGS/SLIPS	DUCK	CHOKE SHRUG	HC/DBL/SNGL	FIREMANS	SHRG SINGL SNGL	*SLIP SNGL
LOW SINGLE	BOOT DUCK	FAR FIREMANS	COW CATCHER	KNEE TAP	GRABS ELBW HC	FIREMANS
KNEE DROP	*CHOP DRAG S	ELBOW SHRUG	PINCH HDLOCK	DROP DUCK	ABBAS SNAP	SNATCH SNGL
*SNTCH HC	*CHOP/POST	*PASSES	INSIDE TRIP	*SKATES	NR ANKLE PICK	FOOT SWEEP
*SNTCH SNGL	*PASSES	DROP DUCK	*CEMENT 5	*DRAGS	SHRUG HEADLCK	*HEADLOCK 5
ANKLE PICK		*HEADLOCK 5	*SNATCHSNGL	*CHOPS	OVER SHRG DBL	
MISDIRECTION		*BASEBALL SLD	*FOOT SWEEP	*SNAPS	OVER SHRG	
SHORT OFFENSE- WORKS OFF HEAD CONTROL, SNAPPING HIM DOWN, AND COUNTERING WITH A SPRawl(HIPS TO HIS EAR)						
BACKHAND	SHORT DRAG	FRONT HEAD	FRONT 1/4	WHIZZER	COWCATCHER	BLOCKS
GO BEHIND	GO BEHIND	GO BEHIND/SHK	POP	POP	RUN SPINE	D-HDBLK-DBL
DOUBLE	DOUBLE	CROSS PICK	SHUCK	PANCAKE	CEMENT	HC-DNBLK-DRG
	TURK	CRDLE	PANCAKE	INSIDE TRIP	TRANSFER	D-HDBLK-DUCK
						D-UNDRHK-HIP
COUNTER OFFENSE- GOOD POSITION & REACTION/ CONTROL HIS HEAD/ ALWAYS LOOK TO SCORE (LOOK FOR CHEAP 2)						
SINGLE	DOUBLE	HIGH C	2 ON 1	LOW SINGLE	HEAD LOCK	FRONT HEAD
SNGL LFT ELBW	DIVE ROLL	SCOOT IOWA	PLM DWN SPN	SIT LACES DWN	RE-THROW	X-DRAG
SCOOP	-SIT/5/LOW	IOWA ROLL	HNG SNGL FAR	SIT CHOKE	ROLL THRU	CIRCLE OUT
HAMMER LOCK	MONKEY ROLL	STNDNG CRDLE	REVERSE SNGL	KIMORA	DUCK HEAD	X-TAP
CRACK BACK	SWITCH	HC TO HC	CROWD HD	LEG CRADLE	LIFT BUTT	*WHIPOVER
DIVE ROLL	CHEAP 2		GRANADA	ABBAS ROLL		
FINISHES- GOOD POSITION, KEEP MOVING/REACT TO HIS COUNTER & CHAIN WRESTLE(SECOND SHOT KNEE SLIDE)						
DOUBLE	SINGLE-PULL DON'T PUSH	HIGH CROTCH	LOW SINGLE	SHRUG/DUCK	HEADLOCK	
FLAIR	TRIPS	REAR DBL	DOUBLE/DUMP	BMP HIP/CRCL	PULL TO MAT	HIPS UP
CORNER LIFT	LEG SWING	BROKEN	BUMP HIGH	IRANIAN	LIFT DUMP	-WALK TO HEAD
RUN PIPE	**BARZGAR	-CIRCLE HOLE	-DBLE/BK DOOR	-PUSH/PULL	CIRCLE DWN	HIPS DOWN
INSIDE TRIP	RUN PIPE/DUMP	-BOOT	-REVERSE ARM	-UP ARM THRU	-ZYPHOID	-ARM OVER FACE
SINGLE	JACKSON	-IRANIAN	CRACK DOWN	-TURK	-JUMP ZYPHOID	
-CUT BACK DBL	DBLE	-CUT BAK DBL	-ARM THRU	-TRP ARM SIT	-SANTE FE	
X-TRK,HLF,SHLF	HIP WIZZER	SMITH FUNK	-SHELF/GRNBY			
TOP-SPIRAL, CHOPS, WRIST CONTROL/ ALWAYS PRESSURE DOWN/ MAKE HIM HOLD YOUR WEIGHT						
BACK TO MAT	CRADLES	ARM BARS	BAR ARMS	LEGS	TIOTS	SPIRAL
KNEE BREAKER	X-FACE	RUN TO WRIST	AZEVEDO BAR	HIGH THIGH	SANTE FE	HALF OR HIGH
SPIRAL CLAW	-KNEE BLOCK	WEENIE BAR	CROSS HIP-CC	CROSS BODY	ZYPHOID	-PULL ACROSS
-REDROP	-STRAIGHTBACK	-RUN	RUN/PULL CROSS	DBL VINE	TIGHT WAIST	CLAW
ZYPHOID	-SUICIDE	-STACK	FISH HOOK	POWER HALF	**REVERS GRIP	-TURK
SANTA FE	INSIDE CRADLE	-TILT	KNEE TILT	-CATCH HIGH	HEAD LEVER	**BARBED WIRE
LIFT SWEEP	-STRAIGHT OVER	**COOPER BAR	-BALL CHAIN TILT	L FOR LUNCH	PEAK OUT	KALIKA
	-INSIDE SCRAPE		-BALL CHAIN STAK	GULLITINE	WRIST "BAR"	SANDERSON
	-OUTSIDE SCRPE		-TURK	REVERS XFACE	***HIGH HALF	TURKS
			-REVERSE G TILT	JAP LEG RIDE		**LIFT STEP
BOTTOM-GOOD BASE, STAY COMPACT WITH HIPS UNDERNEATH-MOVE TO GET HIM OUT OF POSITION						
STAND UPS	SITS	FIGHT LEGS		ROLLS	PROGRESSION	
OLD SCHOOL	SWITCH	ELBW/KNEE IN	POWER HALF	GRNBY 1	IOWA ROLL	BACK
TRACK START	HOOK SHOT	SCISSORS FRM FLAT	-SWIM	SHRG SNGL	STNDNG ROLLS	FLAT BELLY
TRPD/KNEE SLD	HIP HEIST	MULE KICK	GULLOTINE	SHRG 2	WING ROLL	1KNEE-1ELBW
PUSH BACK	CHANGEOVER	SIT/DIG	-GRAB WRIST	SHRG ROLL	HALF ROLL	2KNEE-2HAND
*CUT/HD LOW/ELBOW CONTOL		GRANBY/SWIM		GRNBY 5	*GRBY DRLL-PLL HD TO SHLDR/KNEE IN	1KNEE-HNDSUP ON FEET
WARM UP (TERMS-POST,PASS,HOOKS,CHOP,SNAP,JAM,JAB,CLIMB,SKATE,3 POINT STANCE, HEAD POSITION,HUNT,CHERRY PICK)						
1-MOTION	2-TOP/BOTTOM	PASSES	DRAGS	SKATES	PISTOLS	CHERRY PICK
STANCE	HIP HEIST/WALL	ELBOW PASS	INSIDE DRAG	INSIDE-INSIDE	ELBOW PISTOLS	LOW SINGLE
MOVEMENT	CHANGEOVER	2-1 PASS	CHOP DRAG	COLLAR-SNAP	WRIST PISTOLS	KNEE DROP
FAKES/SHOTS	STAND UP CUT	SNAP PASS	WRIST DRAG	HOOK-POST	BOOT PISTOLS	SNATCH HC
BLOCK W HEAD	3-PARTNER	BLOCK PASS	POSTS	DROPS	UNDRHK PISTOL	PICKS
KNEE SPRawl	SHADOW	SLIPS	POST HC	COLLAR DUCK	KICK STEPS	
SPRAWL	PUMMEL	OUTSIDE STEP	POST DBLE	INSIDE DUCK	SHRUGS	
DOWN BLOCKS	-THROW	INSIDE STEP	POST SINGLE		SWEEPS	

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COLLEGE PARK HW WRESTLING CHECKLIST

POSITION OFFENSE- STAY SAFE=WRESTLE SMART/ELBOWS IN TIGHT, CHEST UP

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	SAG HEADLOCK-IF HE POSTS ON HEAD OR SHOULDER				
COUNTER OFFENSE-GOOD POSITION & REACTION/ CONTROL HIS HEAD/ ALWAYS LOOK TO SCORE					
HEAD BLOCK	2 ON 1	SPRAWL		FRONT HEAD/COWCATHER	
D-PASS TO DBL	PALM SPIN TO SINGLE	S/D/HC-HIP BLOCK SPIN		DRAG/SHRUG	
HC-PASS TO DB	HANG SINGLE FAR SIDE	S/D-LIFT ARM SPIN FAR SIDE		CONTROL ELBOW	
D-TO DUCK	REVERSE SINGLE	BUTT DRAG		CIRCLE WITH HIM	
	PINCH HEAD HEAL TRIP	FRONT 1/4			
	PUMMEL TO YOUR 2 ON 1				
FINISHES-GOOD POSITION, KEEP MOVING/REACT TO HIS COUNTER & CHAIN WRESTLE					
DOUBLE	SINGLE	SNAPS (NEAR & FAR)		HIGH CROTCH	
FLAIR	FRONT TRIP	SHOOT MOON	BLOCK/SPIN	-HEAD DEEP	DOUBLE/DUMP
CORNER LIFT	BACK TRIP	LEG SWING WELCH	FRONT HEAD	COW CATCHER	BUMP HIGH
-RUN PIPE	BARZGAR	BROKEN	-INSIDE TRIP	FRONT 1/4	-DBLE
CUT CORNER	RUN PIPE/DUMP	-CIRCLE LIMP	-CEMENT		-REVERSE ARM
SINGLE	JACKSON	-DUCK WIZZER	-CROSS TAP		CRACK DOWN
INSIDE TRIP	DBLE	-IRANIAN	-IOWA BLOCK		-ARM THRU
PEEK OUT	HIP WIZZER	-CIRCLE HOLE	-TRANSFER		GRANBY 5
TOP-SPIRAL, CHOPS, WRIST CONTROL/ ALWAYS PRESSURE DOWN/ MAKE HIM HOLD YOUR WEIGHT					
BACK TO MAT	CRADLES	ARM BARS	BAR ARMS	HEAD LEVER	SPIRAL
KNEE BREAKER	X-FACE	RUN TO WRIST	WRIST SHOULDER BASEBALL BAT GRIP	PEAK OUT WRIST "BAR"	HALF -RELOAD CLAW
-TURK	-KNEE BLOCK		KNEE BACK TILT		-TURK
SPIRAL CLAW	INSIDE CRADLE		AZEVEDO BAR		-BARBED WIRE
LIFT SWEEP	-STRAIGHT OVER		CROSS HIP		KALIKA
			-COW CATCHER		
			RUN/PULL CROSS		
			FISH HOOK		
			IF HE FIGHTS		
			-BALL CHAIN TILT		
			-BALL CHAIN STAK		
BOTTOM-GOOD BASE, STAY COMPACT WITH HIPS UNDERNEATH/CONTROL HANDS AND EXPLODE					
ESCAPES	REVERSALS	FIGHT LEGS			
SHORT STEP	SWITCH	KEEP OUT	POWER HALF		
STAND UP		SCISSORS	-SWIM		
*FLAT-SIT & RUN		MULE KICK	GULLOTINE		
		ELBOWS IN	-GRAB WRIST		
		GRANBY 1			
DRILLS-FORWARD PRESSURE ON HEAD/ CIRCLES/ CHASE SHOTS					
GABLE WARM UP					
STANCE	INSIDE PUMMEL				
MOVEMENT	DRAGS				
FAKES	SNAP/SPIN				
BLOCK W HEAD	HAND FIGHT				
SNAPS HEAD DEEP					
SHADOW					

Suggestions for Teaching Wrestling Technique and Coaching

-Provide strong leadership. Coaching IS leadership. Any program's success will depend almost entirely on the motivation, enthusiasm, and integrity of the coach. A positive approach (regardless of how things are going) will reap vast rewards. This includes having a clear vision of where you see your program in the future.

-Develop a “system” of coaching and wrestling for your team. Why?

- Since you can't teach everything, it helps the coach to decide which techniques to teach (Does it fit my system?).
- It makes the complexities of the sport more simple for both coach & athlete
- Athletes better understand what you (the coach) want from them
- Your teams and individuals will experience more success when the “team” gets good at certain techniques or situations

-I encourage you to embrace a “principle-based” coaching style.

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- What is that? The concept that in each of the four areas of wrestling (td offense, td counter attack, bottom, top) there are certain principles (i.e., concepts, priorities, “good ideas”) that, when followed, will apply to the vast majority of the techniques taught in that area.
- The reason? Rather than teaching seeming unrelated techniques, athletes will have more success when there are aspects common in the techniques used in each area. It gives them “direction” so they don’t have to “think” as much. They will have more success when they simply respond.

-Simplify. If there are two ways to perform a technique and they are equally effective, try to choose the one that is simpler. Reduce their “options.” It’s better to be good at a few things than mediocre at many. “It’s not what **you** know, not what **they** know... but what they can **do** that counts.”

-Don’t try to teach everything you know.

-Decide what skills are important in your system. These are the “non-negotiables” which you have determined that your wrestlers will be good at. Strive for mastery of these. Then, work individually with those athletes whose style may be somewhat “outside the box.”

-Be progressive. Update yearly. Ask questions. See what others might have to offer you concerning your team’s “problem areas.” Get exposed to “new things.”

-Evaluate all phases of your program yearly:

- How are we in the four general areas of wrestling
- Specific techniques
- Strength training in season
- Periodization. Are we peaking at the end of the season?
- Promotion/
- Schedule

-Be flexible (humble) enough to “dump” techniques that have not been working even though you have spent time practicing them.

-Plan for each practice. Have a plan for the year.

-Use terminology that gives the mind’s eye a picture (a feel) of what you (coach) want your athletes to do.

-Suggestions for improving athletes’ ability to learn skills and enhance performance:

- Teach “multi-step” skills BACKWARD. We often inadvertently teach our athletes to stop (hesitate) during the execution of many techniques. In reverse teaching, the athletes are going from the less familiar to the more familiar which improves the “flow” of multi-step and/or complex skills (i.e., takedowns, escapes, etc.)
- Shorten teaching periods (the shorter the better even if you haven’t exhausted the topic).
- Don’t feel you must “call them into a circle” to teach.
- Maximize the usage of situational wrestling during practice time (define). Why: Ans:- 1) forces you to try new things; 2) improves your ability to defend/counter various techniques that otherwise you may never face in practice

-Encourage good technique (skill development & refinement):

- praise good technique during practice
- praise good technique in competitions (especially early or if it is new technique) and emphasize superior execution over winning (reduces stress associated with the fear of losing).

-Strength train during the season

THE FOUNDATION

In order to be an effective wrestler you must have a strong base. Your basic stance and movements must be sound and should be instinctive. Most of these basics should be practiced every day to reinforce them into your muscle memory. These core movements and skills are part of our GABLE WARMUP named after the legendary Dan Gable (John Smith did a similar warm up). There is a strong emphasis on stance and motion. One of our keys being that a solid stance and constant motion will beat many opponents, especially in the third period. Therefore our resting interval during this drill is done by bouncing, to stay with our concept of motion.

GABLE WARMUP-LEVEL 1 (Non-contact drills to get heart rate up, muscles primed, and get in wrestling mode)

1. STANCE-Your stance is the starting point in the sport of wrestling. Your back should be flat, knees should bent, feet shoulder width, head up (no higher than opponent), hands open covering your legs, and hips loaded. Your head should be even with or slightly lower than your opponent and you should be watching their hips, hands and feet.

-SQUARE STANCE-Feet are shoulder width and even with each other. This is a more defensive stance.

-STAGGER STANCE-Or attack stance. One leg is forward. Always cover that forward leg with an arm. Use a one arm jab/feeler as you close the gap with an opponent. (Putting one hand down in a 3 POINT STANCE will reinforce staying low).

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2. MOTION-Movements should be short and choppy using sliding or shuffling steps. Never cross your feet. They should remain shoulder width while you move.
3. BODY FAKES-Use your movement to throw your opponent out of position. Make sudden, deliberate movements at him as if to attack. Watch his reaction to your fakes and look for a weakness.
4. HEAD BLOCKS-Your opponent must get past your head and your hands to mount a leg attack. If you keep your head between his head and your body it will be hard for him to score. As he attacks bring your head down towards the knee of the leg he is attacking to block him. Then step to the side with your free leg then back with your other leg. You should guide/pass him by and turn 90 degrees/square up on him. There is often a double leg there for you to attack.
5. DOWN BLOCK/CROSS BLOCK-You can also stop an opponent with your hands. Be careful if you reach because it can open you up to a deeper shot if he posts your arm. Always bring your head/level down if you reach to stop. Down blocks and cross blocks are effective because they throw your arm down between your opponent and your legs. You will punch your hand to the mat and at the same time kick the attacked leg straight back.
6. SPRAWL/SHORT OFFENSE-If he gets past your head and hands then we can sprawl. Throw your legs and hips backward and down as fast as possible. Shove his head down with your hand or elbow. Your shoulder and chest should be on his back.
 - SPRAWL SPIN-This drill teaches us to keep our hips down. When you sprawl remain down and spin in a full circle.
 - SPAWL HIP HEIST-This drill prepares us for bottom work. Sprawl and sit your hips through and run your hips in a circle.
 - KNEE SPRAWL-Match his forward leg and sprawl to a knee. Your hand should replace your forward knee.
7. LEVEL CHANGE/SET YOUR FEET-For you to mount a leg attack you must get past your opponents head and hands. The first step is good level change which gets you below his defense. You will need to drop/lower your body and take a quick look for the "hole" under your opponents arm or between his legs. When you drop you can take a slight back/side/or front step to load up your hips, set your feet, and put yourself into attack stance/mode. Level changes make good fakes as well.
8. KNEE SLIDE/DUCK WALK-This is the next step in your leg attack. Most leg shots incorporate a knee slide. This is a drill to teach a knee slide not really applicable in a match. Kneel on the mat with one knee up and one foot down, step and drive your forward knee down and slide the other leg forward, shoes laces down, until your rear leg comes up. Repeat and glide across mat. Keep your shoulders forward as if attacking.
 - Knee slide and reach for double to pull in.
 - Windmill arms, making big circles as knee slide.
 - Big Slide Drill-Drop level, reach forward and put both hands on mat, step and slide knee through.
 - Misdirection waddle-Do not touch knees, stay low and drive side to side. Use hands to balance.
 - Leap Frog-Drop low and use calve to drive forward. Used in low
9. JAB STEP-Used in double leg, high-c, and low single. Drop level, take a jab step towards your opponent and drive that knee forward to the mat. Come up and drive.
10. SWING STEP-Used in most outside shot including swing single. Drop level, take a jab step to outside, then drive your knee to the mat at a 90 degree angle and swing your trail leg around. In drill may even go 180 degree.
11. KICK STEP-Used in most sweeps, shrugs, lateral quick shots, and in a shorter version our head block. Take a lateral step turning your toes toward your opponent. Kick and replace that foot with the other foot. You will now turn 180 degrees, pivoting on your replacing foot. At the same time you should throw your arms in a big circle as if turning a big cartwheel. Your replacement foot hand will touch the mat.
12. WALL STANDUP-You will start in referees position with your side on the wall. Do an outside leg standup, (inside arm and outside leg come up hard). Pivot so back pressure is against the wall. Look for hand control, clear hips from the wall (step), and cut under to face the wall in a stance. Use your head to pivot on the cut.
 - Wall Changeover-Sit hip to hip, hand to hand

GABLE WARMUP-LEVEL 2 (Contact Drills)

1. SHADOW DRILL-One partner leads with body fakes, level changes, and motion. The other partner reacts by keeping square to the lead, matching his head level, and blocking or sprawling on his fakes.
2. TOUCH GOES-These are quick shot/drills to help with getting past the head and hands. Most are designed to clear the hands and arms and get to the "angle" or the "hole". Look to get to good position.
 - Drags-inside drag, chop drag, wrist drag
 - Passes-elbow pass, 2 on 1 pass, snap pass, head block pass
 - Slips-outside step, inside step
 - Posts-post HC, post double, post single
 - Skates-inside skate, collar snap skate, hook post skate
 - Pistols-elbow pistols, wrist pistols, boot pistols, underhook pistols
 - Drops-collar duck, inside duck

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-Kick Steps-Shrugs, Sweeps

-Cherry Pick-Low Single, Knee Drop, Picks, Snatch HC

3. INSIDE PUMMEL-Keep your elbows in as you pummel. Keep your feet moving. The forward foot matches the underhook arm. Slowly warm up your shoulders, and gradually increase tempo. Grind harder and move your partner by pulling lat. Start looking to control the tie and drag or slide to an angle.

-Headlock-punch, hip in, throw

-Drag

4. PISTOL SINGLE/HIGH-C DRILL-From outside tie hit one side than the other. One partner goes until told to switch. Work on good level change, clearing the arm, and getting a good angle.

5. DROP DUCK DRILL-Great for a fast level change. From a collar tie hit a drop duck one side than the other. Pull neck as you drop.

6. PEEK OUT/CUT BACK-One partner is on hands and knees. The other partner is chest to back out front with his hands hooked behind partners arms. Bottom man steps up and peeks/cuts back under the arm, looks up high than turns back in. Repeat this to both sides until told to switch.

7. SPIN DRILL-One partner is on hands and knees. The other partner is chest to back with his hands on the shoulder blades. Top man will go behind using one of two options.

-BACK HAND-Control his arm with near hand, far hand shoots between your chest and his head, back hand to tricep.

-SHORT DRAG-Extend the arm to the ear, short drag, ride behind with hips down and chest in ribs, reach for thigh.

-HEAD DEEP-Extend the arm to the ear, control the chin, go head deep in his armpit and circle behind.

8. CIRCLE TO HOLE DRILL-Great to teach movement to the hole and goes along with our concept of constant motion. Start in low single position with one partner standing with feet wide. The low single partner will circle quickly to the next leg and continue going until told to switch directions. As you circle stay off your knees(you may have to put a knee down on the leg change) and keep the hands locked as long as possible before reaching for other leg.

BASIC OFFENSE

We are always looking to score. Set up openings with constant movement, level changes, and fakes. Know when to shoot and expect to score. When you shoot expect to score.

1. FINISHING POSITIONS-We will start with the basic finishing positions for the most common, and successful shots. Then we will learn the set up and shots later. This "backward" teaching emphasizes the finish of the shot where we have been weak in the past.

-DOUBLE LEG POSITION-chest up, head pressure, trail leg cocked, hands snaked behind knees

a. start with a head drive only using no hands, stay low, keep feet moving

b. head drive using hands

c. head drive using hands all the way to the mat using flair finish (look for half, turk, or shelf legs)

-HIGH-C POSITION- chest up, head pressure, trail leg cocked, hands snaked/locked on the near leg

a. start with one arm snaked in start position, two hands on one than double on whistle

b. head drive and switch to a double with flair finish or dump (advanced Russian Toss to cartwheel).

-SINGLE LEG POSITION-head up and in ribs, hands locked on single, body position(compare to double)

a. push(drive with head) forward, then pull back and step over, bring leg up to your arm pit

-keep hands locked, keep moving and force him to balance

b. rear double-continue to circle to rear of far leg/constant motion

-SPIN DRILLS-Good basics from here are important in both a snap down and sprawl situation. Need your chest to back, pressure in and down, and hips low. Start drill in superman position, chest to back with your partner and you hands on his shoulders.

a. BACK HAND-start with basic spin, keeping chest pressure in, on whistle

b. SHORT DRAG on whistle

-chest/shoulder pressure to back

-extend his arm to his ear, shoot your other arm to a short drag

-pull arm and circle/reach for near leg and drive

c. FRONT HEAD on whistle

-chest/shoulder pressure to back

-extend his arm to his ear, your other hand grabs his chin

-head deep in his armpit and circle

2. BASIC SHOTS-Now that you have the finish down we can get to the basic shot. This is the first look at our position offense and how it sets up a shot to get past his head and hands and lets you recognize when to take a shot.

Takedown Principles ("good ideas")

- Leg drive is the most important contributing factor to the success of a takedown attempt (i.e., you take guys down with your *legs* & not your arms...you can *always* out-pursue his sprawl...keep *feet* moving)
- Attack at or below his knees
- Pressure *down* on his leg(s)

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- Commit to the finish...not just to the leg
- Always keep your head in a position to score (i.e., stay in good position & stay "loaded")
- Move forward...close the gap...back him up (see below)
- Keep active hands and feet... understand & become good at "handfighting"
- If you wrestle "open" you *must* have great movement
- Beat his head down continuously (never hold it)
- He must be stepping forward in order for you to score
- You must get past his hands to score (i.e., the definition of a setup)
- Finish tight
- It's not always about scoring...learn to *control the match*
- Reasons to move forward
 - Creates opportunities/openings for me to score (a setup)
 - It makes it difficult for opponent to sprawl
 - Takes opponent out of his "comfort zone"
 - Makes it more difficult for opponent to attack when moving backward
 - Leaves favorable impression on the referee (likewise an unfavorable impression for opponent)

-DOUBLE-from open position/inside and collar

- stay in a good stance, close the gap and give him some body fakes
- when he reaches or if he flinches on his heals drop your level and shoot with **jab step**

-drive and finish with flair (see above)

-HIGH-C-from open position and outside

- stay in a good stance, close the gap and give him some body fakes
- when he reaches with lead leg arm, post the arm and drop your level
- shoot high-c with **jab step** and finish double to flair (see above)

-SINGLE-from inside tie and collar

-good stance head to head

- circle away from leg to attack, skate, pull and tug his arm to get the leg closer
 - may have to take several lateral steps than a good tug

-as you tug and circle drop your level

-take outside step/outside reach single using **swing step**

-push pull and finish with trip (front or back) or rear double

*alternative set up hook/post from inside

-SNAP DOWN-from collar tie

-good stance head to head (try not to bury your head)

-pull/snap head hard as you take a back step/steps

-bring him down under your chest with your feet back

-keep his head down

-finish with back hand, short drag or front head

-DUCK UNDER-from collar or inside

-good stance head to head

-push into him and he pushes back/leans

-drop to hole and pull him over your head (drop or step)

-arch and finish

*scarecrow drill to learn

BASIC COUNTER OFFENSE/SHORT OFFENSE

We are always looking to score. When he shoots expect to counter and score. You will learn how to anticipate his movements and use his attack to your advantage. Your best defense is a good stance, keeping square and head to head with your opponent. Maintain constant movement and keep your elbows in (jab can be used as distance gauge and to keep him off balance). Remember he has to get past your head and hands.

Counter Attack Principles

- Think: "I score **every time** he shoots!"
- If you don't let him score...you're in every match
- Stay in great position
- It's not always about scoring..."control the match"
- Move forward...close the gap...back him up
- Don't let him past your hands
- Let no one touch your legs
- Sprawl is your **last** line of defense
- Beat down his head...put his hands on the mat
- Keep feet moving/don't plant feet when attacked
- Reach backside and grab something (inside ankle, sole, tail, back thigh/back knee)
- Keep short arms

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1. BLOCK WITH HANDS/HOOKS

- if your hands are in proper position with hands open and thumbs down your thumbs will act as hooks to stop his move
- if you stop him push him down and keep him down/look to go behind

2. HEAD BLOCK (head to knee)

- when he shoots get you head between him and you (head to knee)
- stop him with your head then take a short **kick step** to the outside
- turn 90 degrees as you pass him by with your hand
 - there is often a double there to take when you get the corner

3. SPRAWL-Your hips go back and down. Punch you shoulder down into his shoulder blades as you get a short whizzer on the near side. The other arm will push his head down. Feed him the hip away from his head to break his grip. Chest/shoulder to back then may have to switch your hips several times and scoot away to break the rest of his grip.

- always keep his head down and go with **short whizzer**
- finish with **short drag, short drag, front head**, or stuff head and go behind
- always reach for near thigh, ankle or butt not his far hip

4. DOWN BLOCKS AND X-BLOCKS-

- you will use these to get an arm(stopper)between your opponent and you legs
- 1. x-block drill-have you partner shoot a high-c/you will x-block and guide him by
 - then your partner will shoot the other side and you will x-block the other way...repeat
- 2. down block drill-have partner shoot a double or single and you will down block
 - you will block and cross drag

5. SPIN DRILLS-start chest to back

1. spin and ride the rail from knees/hips in
2. start with double overhooks
 - look to drag
 - your partner can spin on hands and knees to stop you/no hands
3. same as before but now partner can use his hands
4. in all cases, if when you are going behind your partner comes off his knees/switch to a double

6. BULLDOG AND GATOR ROLL

- if he stops your spin you can do bulldog
- drive down his spine as you crank his head
- if he stops you bulldog pull his arm and go gator roll

7. FRONT 1/4 (ROLANDELLI)

- if he stops your spin or if you have his head shoved deep and have a whizzer
- keep your hand on his head and lock your whizzer hand on your wrist
- circle and pop/if his head comes up...pancake(see below)

8. CROSSFACE

- if you have him extended and his head starts to peek up put your arm across his face and grab his tricep
- this can get a stubborn guy off your legs when you lift his face, grab his thigh and drive (look for tuck)
- if he keeps coming up pancake him to his back
- if he won't let go of the leg you can go to a barbed wire and circle

BASIC FINISHES

For every shot there are multiple ways to finish and score. How you finish will often depend on how your opponent reacts to your shot. These are again basic finishes that will probably come up more often and should have a high success rate. These are by no means the only ways to finish these shots, just the higher percentage.

1. DOUBLE

- a. Flair-basic finish when shoot clean and drive with your head
- b. If he sprawls and you are extended
 - switch to a far side single
 - peek out, cut back double
- c. If he bounces and won't go down as you try to flair
 - turn corner and lift
 - run pipe

2. HIGH-C

- a. Switch to double and flair

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- b. If you can't switch to double
 - shift lock up leg and lift/dump over shoulder
 - run pipe
 - c. If he sprawls
 - crack down and high arm through/pin his hip
 - d. If he sits
 - high arm through/pin his hip
3. SINGLE
- a. Trip-front of back/basic finish when shoot clean
 - b. If cant trip because cant clear his leg from between yours
 - run pipe
 - shift lock up leg and lift dump/over shoulder
 - c. If he sprawls
 - peek out/cut back double
 - circle to hole/shelf
 - if he pulls you up with whizzer/jackson
 - iranian lift if he squares up (push/pull or Sanderson leg across finish)
 - d. rear double- continue to circle to rear of far leg/constant motion
4. DUCKUNDER
- a. Pull neck down hard on the way through and he should go down
 - b. If he doesn't go down
 - keep his neck and circle him down
 - or lock your hands/lift and knee him down
5. SNAP SHORT DRAG
- a. Circle and go behind
 - b. Circle to the leg and drive as you drag/lift leg and look for tuck
 - c. If he comes off his knees as you circle go to your double leg
6. SNAP FRONT HEAD
- a. head deep go behind
 - b. If he comes off his knees cross pick him to his butt
 - c. If you can't go head deep and go behind/stuff his head and go front $\frac{1}{4}$
 - d. If he can't extend his arm to his ear/go cowcatcher gator roll

BASIC TOP

While on top we want to apply constant pressure to our opponent. Stay off your knees and butt as you drive with your feet and keep pressure down. Stay under his arms and keep your head behind his shoulders. You need to control one of his arms/wrist or his leg. Cinching a good tight waist on the whistle will help top control in most instances.

Top Principles

- Start in good position with head pressure down
- Start on "off" side or change sides on whistle
- Have a plan (wrestle with purpose)
- Develop an attitude of dominance from top
- Put maximum energy into breakdown (intensity)
- Keep maximum pressure forward (his arms should hold a lot of weight)
- Keep his back down
- Get "handles"
- 45 second rule to break him mentally
- If you release him intentionally – make him know it

1. BREAKDOWNS
- a. Knee breaker
 - line up on your double side
 - hand from his elbow drops under and grabs far knee (should drop into ribs)
 - hand from belly drops to a near or far ankle
 - drive him to his hip/look for half/tuck
 - b. Tight waist elbow chop to a x-wrist
 - drive to it and hold outside grip 2 on 1
 - keep him flat on mat with a crab ride
 - c. Tight waist ankle (near side or far side)

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- may have to shift weight or switch tight waist hand when go to ankle
- when he goes flat look for crab ride
- look for a half, cross face, or wrist immediately
- d. Spiral ride to a near wrist
 - try the leg and arm and corkscrew him down
 - collect the wrist when he goes to an elbow
- e. Tight waist to a head lever
 - on the whistle slide your hand from his elbow down to his wrist
 - put your head in his armpit, keep his arm extended and drive
 - put his arm on his back, slide a bar, or punch a quick half when he goes down

2. TURNS

a. Half Nelson

- from a near wrist, use your head to push his head down then throw a half on the far side
 - suck in the wrist, drive chest to chest, get perpendicular, feet wide, an hips down(arch up)
 - reverse half if he tries to roll out (same pin position as above)
- from a tight waist ankle, as soon as he goes flat, stuff his head with your hand
 - slide a half on the near side and post his elbow on the far side
 - finish as above
- from a head lever, as soon as his chest goes down, lift his arm and slide the half
- if he is tough to turn slide your knee in front of his, **rip him across you knee**, and dive the half down

-if he rolls his wrist out of a near wrist lift the arm high at the bicep as his wrist comes free. Shove his head under his armpit and slide a **high half**

*look for a half as you finish your flair on double or high-c

b. Turk

- from a near wrist lift the near leg and step through hook
- from a far wrist lift the near leg and step through and hook
- from a short drag lift at thigh and step through an hook
- from a flair finish lift and step though hook as he hits the mat
- *after you step through go hip to hip and elevate the hooked leg/collect the head

c. Bar Arm

- from a near wrist
- go shoulder to shoulder, baseball bat grip, pull his wrist out and put it on his back
- can hold it on his back on a crab ride
 - run the arm across his hip/either push or pull/collect his head as goes to his back
 - lift the wrist and slide an arm bar (see below)

d. Inside Cradle

- head in his ribs if he is either flat or on knees
 - pull in his head and knee
 - lock with a butterfly grip
- pop your head out and drive him straight over/post on your head/be on your toes with feet wide
-inside and/or outside scrape option to finish

e. Cross Face Cradle

- from your tight waist ankle, once he goes flat, post his elbow, cross face to the tricep
- post behind his knee and circle his head to his knee, lock your hands (can keep tricep)
- switch your hips, put your knee in his butt and bring him back
- hook his free leg with yours and go temple to temple (squeeze)

f. Arm Bar

- from a head lever slide it in when he hits the mat
- from a chop slide it in as you drive to the chop
- don't force it and get to high
- once bar is in make a fist and catch his far wrist
- pin his shoulder to the mat and circle his head to put him on his back

g. Suck Back

- if he hangs his head when you sit suck him back and chin him down

h. Barbed Wire

- from a crossface tricep
- bring your free hand under his near arm and grab his far tricep also
- now with both hands pull his tricep in hard
- circle towards his head and trapped tricep until he goes to his hip
- switch your grip and keep him on his back

i. Tilt Series

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-from a cross wrist show near, far, inside and outside grip tilts
-traditional inside grip, Zyphoid, Sante Fe

- j. Legs
-Pressure, power half, L for lunch, Guillotine

3. CHANGE OFFS

- if he fights half with head up go cross face
- if cross face is not there slide an arm bar
- if the bar arm is not there, because he hips down on near side, hop over go half on the far side
- if the bar arm or tuck is not there go cross face cradle
- if the wrist half is not working go near wrist bar arm on either side
- if he comes up on an outside cradle go pancake, barbed wire, or tuck**

BASIC BOTTOM

We need a solid base. Your arms should be bent, back rounded, and your legs loaded up. You must stop his first move. We do not want to give up a wrist or get broken to our hip or flat. You can break down to an elbow or post your head but try not to get past this point. From the worst possible position in wrestling to the best here is the progression for the build up.

- on you back
- flat on your belly
- on one knee or one hand
- two knees or two hands
- on your hands and knees
- on your butt
- on one knee and half up to your feet
- on you feet
- on your feet facing the opponent (create distance)

You should never go backwards on this list in your position and you should never get broken off your base to one of the first two.

Bottom Principles

- Stay out of trouble (trouble = on back, on belly, cross wrist control, one on one, legs in)
- Develop the attitude: "NO ONE holds you down!"
- Bottom is NO place to rest (rest on feet if necessary)
- Imagine you are drowning (wrestle with urgency)
- Continually improve position – get to best possible (know the worst to best positions)

1. STAND UP-we will go with inside hand outside leg standup to start and teach it backward

- a. work footwork on the wall from your feet/cut in use your head to pivot

-step forward to clear the hip and pivot leg under and through to a stance (lower head/touch the mat)

- b. now footwork from your feet with a partner chest pressure to back
 - c. now partner puts hands on hips and work hand control and cut
 - d. work footwork from base on the wall (3 steps-hand foot, come to feet hand control, cut)
 - e. work stand up from base with partner (3 steps-hand foot, come to feet hand control, cut)
- four styles-old school, track start, push back, tripod/circle/knee slide

2. SIT OUT (Sanderson style push back into)

- a. step out and pivot back into him
 - cut/turn in and look for a leg
 - cut/turn in and peek out if he does not follow
 - hook shot if he hangs his head
 - cut and turn out if he crowds you

3. SWITCH-works best if he has a tight waist

- clear your arm
- reach back for your pocket grab his inside thigh
- hips up and hip heist to his hips

4. GRANBY FOR 5 OR 2 OR 1

- pivot and clear your hip away from him or sit
- grab his wrist and turn in to a head post
- as you pivot in and he follows go 5
 - catch his near leg(reverse grip), pull his wrist in and roll him through
 - lock your hands on his wrist and settle feet wide
- as you pivot in and he does not follow go 2
 - keep his wrist, sit to you near hip, and pop your head, go behind
- if he chops your arm granby/shoulder roll for 1

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*you can set up your granby with a switch

POSITION OFFENSE- We approach our offense in a systematic manner where you should be able to score from almost any position. We will go over open, outside tie, inside/inside collar tie, underhook, 2-on-1, and outside collar tie. From each of these basic positions we will cover options for the attack and how to recognize these openings.

OPEN-Open position is a non-contact position. You will set up your shots with good stance and motion. You will also be able to react quickly his movements. Keys are to maintain a good stance, with good motion and fakes while looking for your shot. Do not reach except to get your jab out there to check distance and get him off balance. Always keep the forward leg covered.

SHOT	SETUP/SIGNAL	EXECUTION
BLAST DOUBLE	Fake/he closes gap and reaches	After fake, drop as he reaches, look for hole, jab step to flair
POST DOUBLE	Fake/he closes gap and reaches	After fake, drop as he reaches, if hole not quite there, post his arms (at tricep, jab step to flair
POST HIGH C	He reaches with forward leg arm	Post and drop as he reaches, snake leg then switch to double
LOW SINGLE	You circle and drop/watch his footwork for patterns as he shifts his weight towards you	As he plants his weight on his forward foot, you drop low, catch his foot behind the Achilles with your outside hand, your head should be up near the inside of his knee, your inside hand is panted on the mat, hips stay low and chest is up
ARM DRAGS/SLIPS	Anytime he reaches	Block inside with your arm and rotate our. As you roll his arm and pull it across catch his arm at the tricep/underarm with you other hand and continue to pull, circle to the angle For slips drop under the arm, slip outside and attack the angle.
MISDIRECTION	Good fake for an opponent who stays in decent stance and will not close	Give a good fake with a jab step to your single leg side as if attacking that leg. As he moves his leg back drive you knee down at a 90 angle toward the double side and shift/step you weight across to the hole on the far side. Once to the hole step again with the trail leg and drive back into him.
ANKLE PICK	Set up off the whistle/ or if he has low stance with his head close to his knee	Off the whistle start with your hand as if adjusting your head gear. On whistle club his head down as you pick his ankle/knee. You can also circle away from his forward leg and wait for him to square up on you. When he does, club his head down hard and pick his ankle/knee.
SUPERMAN DUCK	If he grabs you wrists	Give a good fake with a jab step to your single leg side as if attacking that leg. As he move his leg back drive you knee down at a 90 angle toward the double side and shift/step you weight across to the hole on the far side. Once to the hole step again with the trail leg and drive back into him
SNATCH HC	On his reac	When he reaches your are in a low 3 point stance. Leapfrog in and snatch his leg.

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SNATCH SINGLE	Anytime he steps toward you and plants his foot	As he steps short drop and grab his leg. Your head should go to his chest/ribs and drive him off balance as you lock the single.
KNEE DROP RESHOT	On his open shot	Match his forward leg with yours. As he takes a jab step shot you will sprawl to a knee. At the same time you sprawl reach out and grab is forward foot similar to a low single. This is a great timing shot.

OUTSIDE-Most teams will emphasize staying inside. We should be comfortable with outside and feel confident to attack from here. You should be head to head and your hands should be pinching at his elbows at the natural bone handles. We can pinch his arms or tug his arms to help get him off balance or into position. If he goes thumb down tug him in and go ear to ear.

SHOT	SETUP/SIGNAL	EXECUTION
PISTOL HIGH C	Can set with elbow tug and back step/ear to ear	Drop your level and at the same time clear his arm past your head and put his elbow behind your neck. Jab step to a high c, hand snaking his leg and finish.
PISTOL SINGLE	Can set with elbow tug and back step/ear to ear	Drop your level and at the same time clear his arm past your head and put his elbow behind your neck. Take a swing step to the outside with an inside reach and finish.
DROP DUCK	Can set with a tug or hit when he pushes	Drop to the hole and pull him over the top.
BOOT DUCK	Best when he is pushing hard	When he pushes on your outside tie pick a side and drop to your butt hard as you clear his arm past your head. Post you inside hand on the mat to keep from falling back. As he passes by, catch his leg and turn and chase.
CHOP DRAG SINGLE	Good way to get to swing single if he stays inside hard	Outside chop to your single side then inside drag with a swing step to a single *note-can rotate to inside drag as an alternative
CHOP/POST	If he goes thumb down	Chop thru arms, drop and post to a HC or double
PASSES		Elbow pass-HC, double, single 2 on 1 pass-HC, double, single

INSIDE/INSIDE COLLAR-Most teams will emphasize staying inside. Inside is good way to go to control and slow down the match. You must move your opponent with your tie with pulling/tugging and circling while changing off to collar jam and snap to keep him off balance. Never bury your head on the collar tie and don't stay in the same tie for too long. Go to collar only briefly to move your opponent with jam or snap then transfer back to inside. Going thumb down can stop much of his offense.

SHOT	SETUP/SIGNAL	EXECUTION
SNAP DOWNS	Head or arms especially if he leans on you(chest is past his knees)	Snap neck and pull tricep at same time. You will take a back step and drop your level as you snap to use your body weight to bring him down.
ABBAS SNAP	Good change of direction snap to catch him off guard	In this snap you will take an outside step with collar tie side leg. As you take the outside step drop and snap/pull the head down. At the bottom of the snap extend your arm and guide his head past and away from you as you go behind.
CHOKE SHRUG	If he is grinding with a tight collar tie the choke in his throat will create some space and give you some options	Can go with shrug or far side firemans... With a tight collar tie take your free hand over his collar tie and place it just below his adam's apple. As you take a kick step to the side catch his inside tricep and pull it by. Look over your shoulder hard and turn 180 with the kick step.
ELBOW SHRUG	From collar quick pop if he pushes	With a tight collar your free arm will flex around his collar tie elbow. As you take a kick step to the side pop his elbow and guide it by. Look over your shoulder hard and turn 180 with the kick step.
FAR SIDE FIREMANS	Start from collar/can set up with choke shrug or snap	Start with the collar then as you drop to the farside hole your hand will rotate from his collar to his tricep with a monkey grip. Your momentum as you drop will bring his body over you. Make sure to pull down hard on the arm as you snake his crotch and take him over with the firemans.
DROP DUCK	From collar or inside, can set up with snap or it when he pushes (you can get him to push back by pushing into him) every action has an equal and opposite reaction	Drop to the hole and pull him over the top
DOUBLE	From collar-snap From inside-snap or pinch to drop	When you snap or pinch he should react by pushing back in the opposite direction. If you snap , change your level as part of your snap when his head comes back up, you will have maintained your level change and the shot will be there. If you pinch his elbows in he will

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		want to force them back out. This will open the hole under the arm for you to drop and go.
PASS HIGH C	From collar and outside elbow control works when guys keep going for collar	On his collar you will control his collar elbow. Take a back step and rock you head back to extend his arm the pass it in front of you to get the angle. Keep control of the elbow as you attack the high c.
BASEBALL SLIDE	From collar	Jam to duck/slides. Pull his head down hard as you hit the slide. As he passes by catch his near ankle and turn and chase.
SWING SINGLE	From inside pull and circle or hook, post drop and go	The key is to circle away, skate from the leg you wish to attack and drop your level at the same time to bring his leg closer to you. This may require several quick lateral steps and a good tug to get the leg into position. Attack with a swing step and make sure to keep his far arm until you have snaked his knee.
HANG SINGLE	Same as swing single/hang if he sprawls	Same as swing single but because you kept his arm on the shot you have this second options which presents when he sprawls. On the sprawl pull the arm down hard and sit to his single leg and go high arm over to cove.
FIREMANS/KNEE TAP	Set with snap or when he pushes	Start with inside then as you drop to the nearside hole your hand will rotate over his tricep with a monkey grip. Your momentum as you drop will bring his body over you. Make sure to pull down hard on the arm as you snake inside his crotch and take him over with the firemans. On the knee tap come thumb down on the outside of the near leg.
HEADLOCK	If his head comes up on a snap	As his head comes up, pull the arm down, club his head with your bicep, and hip in to the mat.
SKATES		Inside inside-single or hang Inside collar-single, hang, HC Hook post-single, HC
DRAGS		Inside drag-near single, double
CHOPS		Rotate hands outside and go chop series
PASSES	Inside collar	Snap pass to double

UNDERHOOK-This is a great position for us because it gives us an option when we get in close and tie up. You will want a shallow underhook with your hand placed near the center of his back. We do not want a tight underhook, at least not to start. Your head should be in his earhole on the underhook side and you should maintain a good stance. You should feel comfortable here as long as you keep your head position. You can also look to control his opposite wrist, bicep, or shoulder (thumb down).

SHOT	SETUP/SIGNAL	EXECUTION
CROSS PICK	Circle his foot to you or when he comes upright from the under	Knee Pick-drop your level and block his far knee with your hand. With your underhook shoulder drive into his ribs. Your head will be across his chest as you run him over his own knee. Ankle Pick-pull down on the underhook as you drop levels. Grab his far ankle at the Achilles and pull. At the same time extend the underhook arm and drive him over his foot.
SLIDE BY	If he pushes.	Use a kick step to your underhook side. (Remember you will turn 180 on your kick step) Throw the underhook by as if you were steering a big wheel. Your other hand should catch his foot as he passes by. Turn and chase.
PISTOL HIGH C	If he squares up on you.	Rotate your shoulders as you drop to the hole on the underhook side. Use the underhook to put his arm behind your head, jab step in to your high c.
COW CATCHER	If he is blocking a leg attack or gets caught underneath.	Back step and circle towards the underhook side. Pull down hard on the underhook to pull him underneath your chest. Catch his jawbone with your wrist and cinch up tight. Run your underhook arm down his spine and put him on his back.
PINCH HEADLOCK	Use sparingly if down by 3 or more late in match.	Jack up the underhook and at the same time get a tight collar tie on with your free hand. Lock your hands behind his neck (collar tie radius in the back of his neck) and pull his face down into your chest. Make sure to pinch your elbow in tight. You can throw this move either direction, head or underhook side, as long as you commit and get your hip in.
INSIDE TRIP	If he is blocking a leg attack.	Back step and circle towards the underhook side. Pull hard on the underhook to get him to square up on you. As his far leg steps to you, clamp an overhook with your arm and step between his legs with your free leg. Quickly hook your leg inside/out around his far leg, drop and drive to that knee, and square your hips to him. Your head will slide down and to the far side as he goes backward.

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SNATCH SINGLE	Quick shot.	Jack the underhook up and quickly drop your level. Take a lateral step to his underhook leg, slide your underhook arm down and snatch up a single leg. You will not need to drop to your knees, just enough drop and lateral motion to get the leg.
FOOT SWEEP	Front or rear	Tighten your underhook on his near collar bone. Pull down and in and sweep his leg. If he maintains his balance there is often a pick on the far side.
SWING SINGLE	Circle and skate	As he squares up swing single the far side.

OVER COLLAR-On your opponent's collar tie up you are coming over his tie and securing your own collar tie over the top of his. Stay head up with him or work to get your head in his ear hole. With your free hand you should control his near elbow or his far wrist as you have really opened up your side.

SHOT	SETUP/SIGNAL	EXECUTION
SHRUG TO SWEEP	With elbow control.	You will have elbow control with an underhand grip. Take a kick step to your collar tie side. Tug his elbow past your head as you step and turn. Catch his ankle as he passes by. Turn and chase.
TUG/SKATE TO SWING SINGLE	With elbow control.	Give head a short snap with your outside collar and give a tug to the elbow, skate as you take several quick lateral steps away from the tie. At the same time drop your level. His near leg should have stepped to you. Release the collar and swing step to the single. You can guide the elbow past your head as you shoot.
HE GRABS ELBOW HIGH C FAR SIDE/PISTOL	With elbow control, if he reaches to grab your arm off his elbow.	When he grabs your elbow rotate your shoulders as you drop to the hole on his reach side. You will have to release your collar tie, take a jab step and snake his leg with your collar tie hand.
ABBAS SNAP	Anytime he pushes.	In this snap you will take an outside step with collar tie side leg. As you take the outside step drop and snap/pull the head down. You can use elbow control to guide his arm past your head. At the bottom of the snap extend your arm and guide his head past and away from you as you go behind.
ANKLE PICK	From wrist control good change of direction shot.	Circle towards your collar tie and get him to step with his far leg. You can tug the wrist to make the step happen. As he steps drop your level, catch his far ankle and drive him over his own leg.

RUSSIAN 2 ON 1-This is a good position if we need to slow down a quicker more athletic opponent who has a quick shot. Grab his wrist to get him to grab our collar. Then we can control his tricep with an overhook on the collar side. Gab his wrist and shrug it down and in. We want a tight overhook at his tricep and we want his wrist controlled. Put your head in his earhole and push. Keep pressure.

SHOT	SETUP/SIGNAL	EXECUTION
FAR SIDE DOUBLE	He posts on your head or shoulder	Reach over grab tricep or post tricep to clear the arm drop and jab step to a far side double.
PUNCH TO MAT	When he pushes back hard.	When he pushes back you will take a quick back step drop your level and pull his arm down towards the mat. As he passes down and past you take a lateral step and go behind. If you don't get all the way behind you have a great angle for a double.
SLIP/SLIP	Set up with fake punching to the mat	Same as above but when you punch his arm down intentionally let your grip slip. You will drop your level hard as your hands slide down his arm. Go to a near side single.
FIREMANS	Good if you have head position and he is pushing back.	Keep his arm tight. As he pushes drop your level hard to your knees and rotate your head under his arm on your 2 on 1. Pull the 2 on 1 down hard, you can catch his crotch with your elbow. Your momentum as you drop will bring his body over you. As he hits the mat on the far side make sure to let go of the wrist, go high arm through, and pin his hip to the mat.
NEAR SINGLE	Quick shot.	Jack the 2 on 1 up and quickly drop your level. Take a lateral step to his 2 on 1 leg, slide your overhook arm down and snatch up a single leg. You will not need to drop to your knees, just enough drop and lateral motion to get the leg.
FOOT SWEEP	Good for heavyweights	Circle away from the 2 on 1 and get him to step. You will have to time this shot. Release the wrist and post it in his far shoulder. At the same time catch his near leg with your foot at his Achilles. Sweep the leg forward, push his shoulder back, and pull the overhook down and back over the sweep.

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SAG HEADLOCK	Use sparingly if down by 3 or more late in match.	If he posts on you head or shoulder you will release his wrist on the 2 on 1 and monkey grip on his posted elbow. Pull it down and in to clamp it to your chest. Take your other arm and punch it down and across his neck as you sag your hip in.
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COUNTER OFFENSE- We look to score at all times. You should attack to score but should also welcome your opponents attack as an opportunity to score as well. Any time your opponent attacks, you should counter his move to punish and discourage him from attacking again because you should score. Control his head and wear him down. Again all of this stems from good stance and motion as well as reaction time and head position. We will approach this starting with his attack, your counter, what to do in each situation.

DOUBLE -In using counters the most basic are usually better. Blocking with the head, sprawling and stuffing the head are almost always better than letting him in on your legs. We still need to be able to counter if he does get to our legs and should still be able to score.		
COUNTER	SITUATION	EXECUTION
HEAD BLOCK PASS DOUBLE	His open double.	This goes back to one of our basic drills. When he shoots get your head between him and you by bringing your head towards your knee on forward side. Block him with your head then take a short kick step to the outside. Turn 90 degrees as you guide him by with your hand. There is often a double there to take when you get the corner.
HEAD BLOCK DUCK	His open double.	Again you will bring your head down to block his forward motion. This time you will take a few small back steps as you block. At the same time reach and establish a tie up (inside or outside) with your opponent. As you give a little ground, and he did not get to your legs he should start coming back up to his stance and pressuring in to you. As he comes up hit a drop duck underneath to the hole.
SPRAWL BUTT DRAG	If he gets past your head.	Your hips go back and down. Feed him the hip away from his head to break his grip. Chest/shoulder to back then may have to switch your hips several times and scoot away to break the rest of his grip. Block his arm with one arm, circle and reach for his near hamstring with the other hand and go behind. If he comes off his knees on your spin hit a double.
SHORT OFFENSE WIZZER/STUFF HEAD	If he gets past your head.	Your hips go back and down. Feed him the hip away from his head to break his grip. Chest/shoulder to back then may have to switch your hips several times and scoot away to break the rest of his grip. Stuff his head with one hand while your other arm gets a belly wizzer behind his arm. Now you have several options. <ol style="list-style-type: none"> 1. cheap two-As you stuff the head, hip in and lift your belly wizzer to knock him to his far hip. Once he is off his base you should be able to go behind. 2. back hand- Control his arm with near hand, far hand shoots between your chest and his head, back hand to tricep. 3. short drag- Extend his arm to his ear, shoot your other arm, between your chest and his neck to a short drag. Pull arm and circle as you reach for near leg and drive. Look to turk. 4. front head/head deep- Extend the arm to the ear, control the chin, go head deep in his armpit and circle behind. If he circles with you shuck him by. 5. cowcatcher- Catch his jawbone with your wrist and cinch up tight as you get an underhook with the other arm. Run your underhook arm down his spine and put him on his back. 6. gator roll-If he is tough against the cowcatcher his arm towards your chest with your underhook. Keep the chin go head deep on your underhook side and roll through. Punch your under hook across his back as you roll and cinch it tight when he ends up on his back. 7. front 1/4- Shove his head down hard and grip the back of his neck. With your belly wizzer arm come under his arm pit and lock on your own wrist. Now pump his head down hard and circle to his head. He should go to his back and you can secure a reverse half. If he circles with you shuck him by. If he brings his head up hard hit him with a pancake. 8. lift his arm and circle the far side- If you have him extended and he refuses to let go, lift his arm at the elbow. This puts a lot of pressure on his shoulder and he will let go. Circle behind to the opposite side. 9. underhook hip toss-catch him on the way in,jack him up and toss 10. football carry-cross block and chop his head between your hands. Tug him down and go behind.

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DIVE ROLL	If he gets to your legs.	If he gets to a clean double and a sprawl is not going to work reach over with your arm (on his head side) and get a tight waist on him. As you hit the mat keep this tight so you don't go to your back or elbows. Adjust your legs out to the side where his head is. The reach with your free arm and grab inside his thigh and roll hard. You should end up belly to back underneath him with his feet by your head and one of his legs under your armpit. You can hook both ankles and go stalemate but should prefer one of our 3 scoring options. 1. sit out low -with your free hand grab the sole of his far foot. Lift it and throw it back as you perform a sit out. You will end up behind him. 2. post low single -Knees up and head down, post your free hand and pop out the back for an Iranian lift finish. 3. hips up granby for 5 - Keep his leg hooked and come up to your knees with your head down. He will try to circle behind you to score. As he reaches for your hip, grab his hand and pull it down to your crotch and granby.
MONKEY ROLL	If he gets your legs.	Sprawl and hook a tight waist with your arm closest his head. Push him back on his heals and grab his near ankle with your free hand. Keep the tight waist and roll to the ankle side. As you roll thru go high arm thru and grab the far ankle. He will end up on his hip and you can go behind.
STANDING SWITCH	If he gets to your legs.	On his shot clamp his near arm tight to you. With your free arm, closest to his head reach inside his near thigh. Clear your legs and switch.
TURN IT TO SINGLE	Sprawl hard/hip in	Go single counters

SINGLE-For most of these counters to work always start with a basic near whizzer and hand fight to keep him tight to you. If he creates space on the single it will cut down on your options.

COUNTER	SITUATION	EXECUTION
SPRAWL BUTT DRAG	On his single.	See short offense
SHORT SPRAWL WIZZER/STUFF HEAD	On his single	See short offense
WHIZZER/INSIDE TRIP	If he picks up single	Hook a whizzer on his near arm. Be sure to bounce so you don't get taken down. With your free hand grab his far wrist. Lift your whizzer, plant the single leg to the mat, and pry his far wrist off to break his grip. Hook your single leg foot behind his near leg, drop to that knee, and square your hip. Cinch down on your whizzer and get an underhook on the far side with your other arm.
CRACK BACK	If he picks up single	Hook a whizzer on his near arm. Be sure to bounce so you don't get taken down. Hook your single leg foot behind his far knee. Take a back step/bounce behind his near leg. With your free hand reach behind his near knee, (thumb down) and sit back. He will go backwards. If you keep it tight and sit up after you hit the mat you can also score back points.
HAMMER LOCK	If you end up on the mat or if he picks it up.	Start with a near whizzer to keep him tight. With your free hand grab his far tricep and pull it in tight to trap his head. Release your near whizzer and reach behind his far arm overhook. Release the tricep with your other hand and go to his far wrist. Grab your own wrist with your overhook hand to secure your hammerlock. Pull your hammerlock to your chest keeping his head trapped. Hook your single leg inside his thigh and kick into a backwards roll. He should end up on his back.
DIVE ROLL	Use sparingly. Not a first move.	If he picks up the single and brings it high. Shoulder roll between his legs. Catch his far leg with your far arm and come out the back door.
CIRCLE FAR SIDE	On your sprawl	Sprawl, stuff his head, and get a belly whizzer. With your free leg swing step and plant your knee in his far ribs. Lift his elbow at the same time. He will let go and you can go behind.
SCOOP	If you end up on the mat or if he picks it up.	Start with a near whizzer to keep him tight. With your free hand grab his far tricep and pull it in tight to trap his head. Release the whizzer and put your tricep in his far ribs. Use your weight to push his head towards his far knee. Now grab inside his far knee with your arm in his ribs. Release his tricep and lock your hands around his leg. Hook your single leg behind his near leg. Once you have hooked both legs you can sit and put him on his back for nearfall or a pin.
FRONT 1/4	On his single.	See double counter
CIRCLE TO CRADLE	See Leroy	

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FAR ANKLE HIGH LEG OVER	On your sprawl and he wont let go	If you can not break his grip after you sprawl and circle away from the single now we will switch directions. Circle towards the single and reach over and grab his far ankle. After securing the far ankle take a big backstep over your own leg (the single leg) then continue behind. Puts a lot of pressure on his shoulder and will let go.
STANDING CRADLE	His head goes outside.	Secure the head, step to the hips, pulling his head to his knee. Lock your arm, elbow deep at his knee.

HIGH C- The high c is great to counter and get into a scramble situation. Remember to keep him extended and do not let him switch off to his double and we should be ok.		
COUNTER	SITUATION	EXECUTION
HEAD BLOCK PASS DOUBLE	On a open/post high c	See double counter
SPRAWL BUTT DRAG	On his high c	See double counter
SHORT SPRAWL WIZZER/STUFF HEAD	On his high c	Hip down/ leg back/ shove his head down (see double counter) 1. short drag 2. front head/head deep 3. block arm go behind
HEAD DOWN CHEAP 2	If he gets to your leg	Short sprawl and hook your belly whizzer under his high c arm. Your other hand should have gone to his head on you sprawl and push it down. Now push his head down hard and hip into him with your belly whizzer. He should break down to his far hip and you can go behind.
SCOOT TO IOWA	If he gets in deep on high c	Your arm he just cleared must reach over his back and lock onto his ribs tight. Your other arm will lock in his crotch. At the same time you must sit (not sprawl) to your own butt and pull him in tight. Stay tight to him so he can not get his arm through as you use your free leg to scoot and hook an Iowa (hook his near leg with your leg). Once you sink the Iowa release the arm in his crotch, grab his waist and pull yourself up. Even if he keeps the leg as long as you secure your Iowa, pull yourself up, and hit a crossface, you get the takedown.
CROTCH LIFT ROLL TO IOWA	If he gets in deep on high c and won't let you scoot to the Iowa	Your arm he just cleared must reach over his back and lock onto his ribs tight. Your other arm will lock in his crotch. At the same time you must sit (not sprawl) to your own butt and pull him in tight. Now he prevents you from scooting to the Iowa you can keep everything tight and roll over your own back driving with your heals. On the way through hook an Iowa and look to crossface.
RESHOT HIGH C	On your sprawl and he is holding tough	If your initial sprawl did not work but you do have him extended. Take you near hand (the one that was stuffing his head) and reach for a high c on your opponent (grab inside his near leg). Keep it tight, sit your near hip in (knee slide) and finish your own shot. You can use your other hand to grab his near ankle to help bring him around.
FRONT ¼	On his shot	See double counter
STANDING CRADLE	His head is up and driving	Secure the head, step to the hips, pulling his head to his knee. Lock your arm, elbow deep at his knee.

LOW SINGLE- Always keep his head down on the mat and keep on of your legs free and mobile.		
COUNTER	SITUATION	EXECUTION
LACES DOWN SINGLE LEG AWAY	On his low shot	Keep his head down. Take a backwards step with your free foot. Sit on his near shoulder putting all of your weight down on him. Now take a swing step towards his butt with your free leg, dragging your trapped leg out of his grip, shoe laces down. Reach back and hook his body similar to a low single while the other hand reaches for the ankle. Pull yourself behind
STEP OVER CROTCH LIFT	On his low shot	Keep his head down. Take a big backwards step with your free foot all the over his back so you are now straddling him. You can now sit on his back and lock in his crotch. Look for scramble score or stalemate.
STEP OVER CHOKE	On his low shot	Keep his head down. Take a backwards step with your free foot. With your near hand reach down around his neck, your other hand will go between your legs and lock around his neck, arm, and your own leg. Cinch this tight, sit back to your near side and hold him for back points.
STEP OVER ARM BAR KIMORA	On his low shot	Keep his head down. Take a backwards step with your free foot. Sit on his back and lock your hands around his bicep. Now sit back, pull his

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		bicep out, and use your legs to hold him on his back. The lock must stay in his elbow/bicep or it will be illegal.
LEG CRADLE	If he gets you to the mat on your butt and he ducks leg	If you go to your butt you should keep him tight and try to scoot towards his butt like on our Iowa scoot. Keep his head down and trapped under your leg/knee. Hook an Iowa and lift his butt/drive him over his head. Hook your ankles together to form a leg cradle squeeze and hold him for back points.
INSIDE STACK	If his head pops to outside	If his head comes to outside keep his head down and lift his butt. Step/scoot toward his legs and drive him over his own head to his back for a stack.
ABBAS ROLL THRU	If he goes Iranian lift	As he begins lift you will summersault over his back. At the same time shoot your near arm deep through his legs from behind and push him backward (your hand will be on his chest) onto the mat. Be sure to get your head high after the roll to get the better of the scramble.

RUSSIAN 2 ON 1 -Never panic in this situation. Keep your calm and look for your counter. Look to get head position on him by getting your forehead in his temple on the near side.		
COUNTER	SITUATION	EXECUTION
LIFT HIS FAR ELBOW TO NEAR UNDERHOOK	On his 2 on 1	With your free hand lift his far elbow up and away from the body. As you lift, bring your other hand down and across to secure an underhook on the near side. Get your head position in his ear.
LIFT HIS FAR ELBOW TO DRAG	On his 2 on 1	With your free hand lift his far elbow up and away from the body. As you lift, bring your other hand up also to secure his far tricep. Now pull and drag it across.
THUMB DOWN SPIN TO SINGLE	On his 2 on 1	With the arm that is trapped turn your thumb down. Drop and spin 360 degrees pulling your arm out as you go. As you cut back into him look for a single leg.
HANG SINGLE FAR SIDE	On his tight 2 on 1	Circle into his near side and try to get him to square up to you. As he brings his far leg around take a swing step single to the far side. If he loses his grip you come up with the single. If he holds tight you can finish like a hang single.
REVERSE SINGLE	On his 2 on 1	Crowd him and step your near leg behind his near leg. At the same time reach behind his near leg with your near free arm. Your trapped arm slides down and get a reverse lock on his near leg.
PINCH HEAD TO HEAL TRIP	On his 2 on 1	Get head position with your forehead in his temple. With your free hand pull his head in tight to yours (squeeze his neck). Keep this tight, put your trapped arm elbow in his armpit and start to drive him back.. As he goes backward step across with your near leg and sweep his far leg.
CROSS KNEE PICK	On his 2 on 1	Put your trapped arm elbow in his armpit and start to drive him back. At the same time your free hand should pick his far knee. Drive him over his knee as you slide your trapped arm free.
GRANADA "ALLIGATOR" CHOKE	On his 2 on 1	With your free hand get a collar tie up on him and pull down hard. Slide your 2 on 1 hand up and grab his chin. Keep his head pinched between your two hands.
HOOK HEAD AND CROWD THE BODY	On his 2 on 1	This is a good one to frustrate your opponent. Cup your free hand on his neck on the near side preventing him from getting head position. Now crowd and push into him.

FRONT HEAD/COW CATCHER -Always control his elbow pulling it down and in and try to keep your shoulders square.		
COUNTER	SITUATION	EXECUTION
FH-CROSS DRAG	If elbow is deep on the head	With your arm he has trapped reach under and across to get his near tricep. Step up with your outside leg and pull/drag his arm across. With your free hand reach for his near ankle or thigh. Your body will turn 180 and your head will pop free as you drag.
FH-NEAR SIDE DRAG	If elbow is shallow on the head	With your free arm reach up and get his near tricep. Step up with your outside leg and push his arm down and across. Force your trapped arm down to loosen his grip. Your body will turn 180 and your head will pop free as you push.
CC/FH-DOUBLE OR HC	If you are on your feet and he has a cow catcher or front head	You must be willing to commit to this one. Jab step in hard and drive your head up and in under his arm as you reach for a double or high c. get to the leg/legs and drive, plant him on his hip, then keep your hips flat so he can't roll you through.

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CC-BARREL ROLL OR SHORT FIREMANS	If he has a cow catcher on you and has you down or on your feet	Clamp down hard on his underhook with your overhook making sure to grab the tricep. With your free hand go thumb down and block the outside of his near knee. Drive into him and pull down hard on his tricep as you pry his knee away. As he hits his hip go arm hgn and through to cover his hip with your free arm.
FH WHIPOVER	From your feet.	Reach over with your hand and grab his lat. Pull the lat, sit back, and arch into him.

FINISHES-Each takedown opportunity has numerous ways to finish. It is important to know the basic finishes but also important to recognize when a second or third attempt or finish is needed. Remember it is our goal to score at every opportunity. Just because an opponent counters or initial takedown attempt does not mean we will not score. It means we must make an adjustment and finish the shot another way. This is where the term "chain wrestling" comes into play.

DOUBLE- Remember basic double position is chest up, head pressure, trail leg cocked, hands snaked behind both knees.		
FINISH	SITUATION	EXECUTION
FLAIR	Clean double to position	Drive into him with your head. Feet driving into him at an angle. Pull his legs in and to the side to drive him over your hands and plant him on his hip.
TURN CORNER LIFT	If he has good hips and you want to get him off the ground. You can also knee slide in on a flair to this if the guy won't go down.	From double position continue to turn the corner until you are perpendicular to him. Slide your far arm deep in the thing and slide it up tight in the crotch. The near arm slide up to his lat. Come up to a squat position, then pop your hips in and lift him off the mat. Once he is in the air pull his lat down hard and continue to lift his crotch. Plant him on his far shoulder blade.
RUN PIPE	If he stops your flair or lift	On the flair or lift you will be driving into him with your head. Now we will switch directions and bring him down to the near side. Step back with your far/trail leg and rotate/pivot back. Pull his near leg in and plant him on his butt.
SINGLE	If he is crossfacing hard	If as you are driving in on the double he is crossfacing you hard you can step across/outside with your inside leg and swing step/slide over to a single leg. This will take the pressure off his crossface and you can circle to the hole(see single leg finishes).
PEEK OUT/CUT BACK DOUBLE	If he sprawls and gets you extended	You can step up with either leg to make up some space. Knee slide in with your other leg and peek under his arm. Look up high than turn back in to him to finish.
INSIDE TRIP	If he is bouncing on your flair	If you can't pull his far leg in as you are driving with the flair because he is bounding step deep with your near leg between his legs. Now hook your near leg behind his far leg as you drop to that knee for an inside trip. You will come down between his legs/ keep him split and look for back points.
EXTRA POINTS	Turn your takedown into a 5 point move.	Shelf leg & crowd head, climb to half, or turk

HIGH CROTCH- Remember basic high crotch position is chest up, head pressure, trail leg cocked, both hands snaked/locked around the near leg.		
FINISH	SITUATION	EXECUTION
DOUBLE(SEE ABOVE)	If you go to a double	See double finishes
DUMP	If don't go to double and stay on the HC leg only	Keep your hands locked on the high crotch leg. As you some up to drive with your head your lock will slide up tight into the crotch. Pop your hips in, use your head and drive him over your near shoulder.
RUN PIPE	If go to dump and can't	If you can't lift and dump switch directions and bring him down to the near side. Step back with your far/trail leg and rotate/pivot back. Pull his near leg in and plant him on his butt.
BUMP HIGH	If he blocks you from switching to a double	While on your knees keep your lock on the HC and slide it high in the crotch. Pop you hips in and get his feet off the ground. 1. when his feet come up switch to your double 2. bump high come out the back door 3. when his feet come up catch a reverse arm thru
CRACK DOWN	If he sprawls and gets you extended or he tries to scoot for an Iowa	Keep your lock at his knee, swing step back and crack him to his near hip. Keep your hips high and circle towards his head so he can't slide to an Iowa. 1. near arm high and thru, pin his hip and circle to the far side 2. elevate his leg and shelf it on your thigh (Sanderson)

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		3. swim to head or hands 4. hop over legs 5. if he has a tight waist, hook his elbow, roll thru go hand to hand, then bridge to his legs
GRANBY FOR 5	If he reaches to your hip or a spin behind	<p>You can keep your head down and his leg tight and bait him into circling behind. When he grabs you far hip to pull himself around grab his wrist and pull it down and in tight to your crotch. You can keep you hich-c on the near leg or get a reverse grip around his far leg.</p> <ol style="list-style-type: none"> 1. Shoulder roll towards his head, put him on his back and lock both of your hands on his wrist, (keep the leg as well). 2. if you can't shoulder roll, step up with your outside leg and take him straight back, put him on his back and lock both of your hands on his wrist, (keep the leg as well). <p>*Make sure not to let him hook you near leg as he circles behind or this will not work.</p>

SINGLE -Remember head is up and in ribs, hands locked on single, body position(compare to double).		
FINISH	SITUATION	EXECUTION
TRIP	Clean single to position	<p>Push(drive with your head) foward, then pull back and step over his leg to create some space. Bring his leg up to your arm pit.</p> <ol style="list-style-type: none"> 1. hook your foot behind his far Achilles and drive him over (trip) 2. sweep your foot in front of his far leg and trip
DUMP	Clean single to position/blocks your run the pipe	Keep your hands locked on the single leg. (You would use this before pulling back to create space). Slide your head to the outside and drive. Your lock will slide up tight into the crotch. Pop your hips in, use your head and drive him over your near shoulder. If he stops your dump go to run the pipe.
RUN PIPE	Clean single to position/blocks your dump	Keep your hands locked on the single leg. (You would use this before pulling back to create space). If you can't lift and dump switch directions and bring him down to the near side. Step back with your far/trail leg and rotate/pivot back. Pull the single leg in and plant him on his butt. This can also be a first choice finish. If he stops your run go to the dump.
CUT BACK DOUBLE	If he has whizzer, fights hands and plants his foot	Most well coached wrestlers will go straight to the whizzer on your single if you don't pull to create space. They will fight you grip with their far hand and try to plant the single leg on the mat. As you lose your grip drop your level and take a jab step between their legs. Drive into a double leg on the far side (see double leg finishes).
JACKSON	If he has a whizzer hooked tight and you head is forced inside	Let him get the whizzer tight but keep his single leg tight between your legs. Use you head in his chest/belly and push back. At the same time use you legs/knees to bring his single leg forward. He should fall backward onto his butt on the single side.
BARZGAR	If his foot hooks outside your near leg	Hike his near leg up to your hip, drop your level so that your head is across his chest, block his far knee with your free hand and run him over.
HIP WIZZER	If his foot hooks outside your near leg	Hike his near leg up to your hip. Sink your near arm under his so you have a whizzer on his leg. Rotate your near hip forward and shoulder down to plant him on the mat.
WELCH LEG SWING	Good against counter wrestlers	On a clean shot where you get the single, push him, then pull to get the leg up and create space this is a great finish. Once you have created space swing his leg down then up in a big arch. You can take it inside or outside and it should take him off his feet.
CIRCLE TO HOLE	If he sprawls	<p>If he gets you extended quickly circle towards the single leg making sure to keep your near hand hooked/snaked behind the leg. Stay off your knees and keep your hips high.</p> <ol style="list-style-type: none"> 1. Step your near leg behind his near leg and plant you knee "in the hole". Take your far hand and lift the single leg foot and "shelf" it on your far thigh. Plant your shoulder on his butt, grab both of his thighs and drive forward. 2. If you can't step to the hole keep the single leg with your far hand and reach across to his far leg with your near hand. Pull both in tight and he should go to his hip.

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POST IRANIAN	If he sprawls and squares up as you circle to hole	As he squares up plant your far hand on the mat between his legs. Knee slide your hips in to your posted hand and pop your head up between his legs. 1. Push Pull the near leg down, and push the far leg up and put him on his hip. 2. Hi arm thru. Clear one leg off your shoulder, step up and come out the back door. Be sure to reach back and secure his hip before turning. 3. Turk his leg. Trap his ankle over your shoulder and pull it down to a turk. Post your free hand on the mat and put him on his hip. Now push his leg off your head.
PEEK THE WIZZER	If he sprawls and has a belly wizzer as you circle to the hole	Step up with your near leg and post your far hand on the mat. Release the single leg and peek out hand under the whizzer. Make sure to throw your arm back hard to clear the whizzer and create space.
KNEE TO KNEE FUNK TO SHOOT THE MOON	If he is bouncing on one leg and you can't get him down	John Smith camp move. Drop to your near knee, turn away from your opponent, and put his leg on your near shoulder. Immediately turn back into your opponent, pivot to your other knee, and put his leg on your other shoulder. Now stand up and you should have his leg trapped up on your shoulder.
REAR DOUBLE	On initial shot.	Continue to circle and climb to the far leg. Finish driving to both legs from the rear.

SHORT OFFENSE-Anytime you snap or sprawl and your opponent is on his knees it is a great opportunity to score. Keep his head down and apply down pressure. Spin moves, front head, and cowcatch finishes all come into play in this position.

FINISH	SITUATION	EXECUTION
BACKHAND	On snap or sprawl	Keep chest/shoulder pressure to back. Your near hand should shoot between your chest and his head to block his near tricep. Block the arm with the back of your hand, circle behind, looking for the near ankle or thigh for an anchor to drive him over to his far hip.
SHORT DRAG	On snap or sprawl	Keep chest/shoulder pressure to back, extend his near arm to his ear with your far arm, (keep his head down with your near elbow in the back of his head). Once you have extended his arm grab under his tricep with your near arm and drag. Circle behind, looking for the near ankle or thigh for an anchor to drive him over to his far hip.
SD TO DOUBLE	If he comes to his feet on you drag	Once you have started to drag he may come off his knees and try to square up on you. Drop your near knee in and switch to a double leg finish to drive him to his hip.
FRONT HEAD/HEAD DEEP	On snap or sprawl	Apply chest/shoulder pressure to his back, extend his near arm to his ear, your other hand grabs his chin. Go head deep in his armpit and circle behind.
FH CROSS PICK	If he comes to his feet while you are head deep	If he comes to his feet as you circle behind keep your head deep and reach under his body and catch his far leg. Keep his chin with your near hand and drive him over his leg to his butt and a possible cradle.
FH SHUCK BY	If he is on knees and circles hard with you	Often he will circle with you so you can not get behind. When he squares up with you use his momentum to shuck him by. Your hand on his chin will throw "shuck" him in the direction he was circling as you take a lateral step the other way to get behind for the score.
FH/CC INSIDE TRIP OR HEAL TRIP	If he comes to his feet while you are out front	If he comes to his feet on and stay square with you take you inside leg and step deep between his legs. Drop to your knee and hook your leg around his far leg and drop to trip. Keep his head, crash him down, and keep his legs split. Look for back points.
FH TORNADO ROLL	If he comes to his feet while you are head deep and we need a quick pin	Make sure to adjust your grip from his chin to his near tricep with your near hand and maintain a tight grip. Now quickly hit a shoulder roll towards your far shoulder. Shoot your far arm between his legs and grab his near leg as you roll through. He will end up on his back.
COWCATCHER/BULL DOG	On snap/or if he pulls his arm down hard on a front head	Your near hand will have a tight grip on his chin and your far arm will have an underhook on his far arm. Drive his butt back on his heals and run your underhook down his spine towards his far hip. Circle him to his back and look for the fall.
GATOR ROLL	If he pulls arm down hard on the cowcatcher	As he elbows down hard on the underhook, pull the arm down and in by grabbing his tricep with the underhook hand. This should extend his near arm and open a hole behind his arm. Drop your head in the hole and shoulder roll to your far shoulder. Keep his chin tight as you roll

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		and you come through punch your underhook arm back across the spine to have a tight bulldog with him on his back.
COWCATCHER TRANSFER	If he is good at countering with barrel roll/short firemans	Using your cowcatcher position take a short sprawl back and pull him to you. This should extend him. Before he can get his knee back under him transfer your cowcatcher to the other side. (release his chin with your near hand and go under hook on his far arm/release the underhook with your far hand and grab his chin).
FRONT 1/4 POP	"Rolandelli"	Your near hand should have a tight grip on the back of his neck and your far hand should go from a short whizzer, slide under his near arm, and grab the wrist of your hand on his neck. Circle towards his head and push it down into the mat hard. He will often pop right to his back. Works good on a high-c.
FRONT 1/4 PANCAKE	If his head goes up on the Rolandelli	If he won't go over initially he might force his head up. Keep your overhook but release the grip on the back of his head so he can bring his head up. Once his head comes up cossface him to his back with your near arm.
FRONT 1/4 SHUCK BY	If he circles to stay square on the Rolandelli	When he squares up with you use his momentum to shuck him by. Your hand on his chin will throw "shuck" him in the direction he was circling as you take a lateral step the other way to get behind for the score. You will have to release the wrist lock. You can also shuck the other direction using your far arm and short whizzer.

LOW SINGLES-Using good motion attack his foot as he is transferring his weight onto the foot. Your head should be up and have an inside shade on his knee, outside hand should hook his Achilles, and your inside hand should be planted on the mat. Your knees should be loaded and under you.

FINISH	SITUATION	EXECUTION
BUMP TO HIP	If he stays tall	Head pressure to the inside of his knee as you circle to his far leg. Bump him down to his hip(you free arm can help bump). Once he hits the mat continue to circle the same direction to a leg lace then shelf the lace.
IRANIAN	When he sprawls	<ol style="list-style-type: none"> Push Pull the near leg down, and push the far leg up and put him on his hip. Hi arm thru. Clear one leg off your shoulder, step up and come out the back door. Be sure to reach back and secure his hip before turning. Turk his leg. Trap his ankle over your shoulder and pull it down to a tuck. Post your free hand on the mat and put him on his hip. Now push his leg off your head.

DUCKS AND SHRUGS-Anytime you get behind your opponent and need to take him down to the mat.

PULL	On shot	As you duck or shrug you should be pulling down hard on the neck to bring his head to the mat.
CIRCLE	He stays on his feet.	Keep the claw and circle him to the mat applying pressure to the outside of the knee.
TIILT	He stays on his feet.	You can go standing zyphoid or sante fe. Your collar hand will slide down to his cross wrist and you will continue to circle and peek around the corner as you pull him down.
JUMP TIILT	He stays on his feet.	Go to tilt position and jump to a crab ride applying pressure to the inside of his knees.

TOP- While on top we want to apply constant pressure to our opponent. Stay off your knees and butt as you drive with your feet and keep pressure down. Stay under his arms and keep your head behind his shoulders. You need to control one of his arms/wrists or his legs. A cross wrist, an arm bar, an Iowa, or high leg over leg ride is there on an elbow chop. A near wrist, bar arm, or high leg over leg ride is there on a spiral ride. An arm bar is there on a head lever. If we can break him off his base to his hip as in a kneebreaker this is as good a controlling a limb. We can also help keep him down with a crab ride once he goes flat. Cinching a good tight waist will help top control in most instances. Chain wrestling is a key to being effective on top. Every time your opponent counters your top move it will open up a new move for you. Look to put him on his back and end the match.

BREAKDOWNS- To beat your opponent on the whistle have your breakdown in mind before you take top position. Often the breakdown you plan on using will dictate which side you line up on. If your first breakdown does not work change off to another and another until you can secure a limb.

MOVE	SITUATION	EXECUTION
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TIGHT WAIST ELBOW CHOP	First move	Cinch a tight waist and elbow chop to a x-wrist . Drive him forward into the chop using your legs and near knee in his butt. Once you have the x-wrist get an outside grip 2 on 1 and keep him flat on mat with a crab ride. (go tilts or turk series)
TIGHT WAIST ANKLE NEAR OR FAR	First move	Cinch a tight waist with one hand and his opposite ankle with your other hand. Drive with your legs and lift his ankle to his butt until he goes flat. When he goes flat crab ride and look for a half, cross face, or wrist immediately
SPIRAL/CLAW	First move	Your near hand slides from his elbow to his near side shoulder (half) or far side shoulder (claw). Your far arm slides down to pry the inside of his far thigh. Pry the leg and arm and corkscrew him down and collect the near wrist when he goes to an elbow. (go bar arm or turk series) *We can go straight to a claw/half on a spiral and pull him in for a quick back exposure (Kalika). We can also roll throughand hip ove on top with t deep half (Sanderson).
KNEE BREAKER	First move	Line up on your double side. Your hand from his elbow drops under and grabs far knee (should drops into ribs) Your hand from his belly drops to a near or far ankle. Drive him to his hip and look for a half. (go turk series once he hits his hip)
HEAD LEVER	First move	Slide your hand from his elbow down to his wrist. Put your head in his armpit, keep a tight waist, extend his arm and drive his near shoulder to the mat. 1. slide a bar 2. peek head to half 3. run no arm-arm bar
REDROP	If he stands up	Line up on your double side. As he stands up slide your hand from his elbow across to a claw. Your hand from his belly slides back between his legs and grab deep to his near thigh. As he comes to his feet come to your feet, step your near leg in front and pop your hips. Using his momentum and your thigh deep grip lift him off mat. Then pull down hard on the claw and plant his back on the mat.
STANDING TILT	If he stands up and you have a x-wrist	Secure an outside grip 2 on 1 and keep him tight. Drop you tricep grip elbow in front of him towards his crotch. Look around the corner, sit down, and pull him down into your lap. He will go to his back in tilt position.
SANTA FE	If he stands up and you have a x-wrist	Keep the x-wrist tight as you both come to your feet. Look around the corner then reach your free hand around front and between his legs. Go thumb down behind his far knee and sit. He will go to his back.
LIFT SWEEP	If he stands up	Lock your hands around his waist as he comes to his feet. Use his momentum and pop your hips to lift him off of the mat. Sweep his legs with either of your knees and bring him down to his side on the mat.
SUCK BACK	If he sits out	When he sits to this but slde both of your hands up under his armpits and pull/suck him backward. You can use your chin in his shoulder to help bring him down to his back.

BASIC CONTROL POSITIONS- Once we break an opponent down we want to keep him down. We have to tie up a limb or limbs and control him.

MOVE	SITUATION	EXECUTION
NEAR WRIST	On spiral or ankle	When he drops to a near elbow on the spiral or ankle drive grab his wrist. You have the wrist on the same side that your hand is on. (You right hand has his right wrist). Keep it tight and apply shoulder pressure. 1. If he rolls his wrist out of a near wrist lift the arm high at the bicep as his wrist comes free. Shove his head under his armpit and slide a high half .
CROSS WRIST 1. OUTSIDE 2 ON 1 2. INSIDE 2 ON 1	On chop	As you tight waist chop drive his near wrist into your hand that is on his belly. You will have his wrist with your hand. (you right hand has his left wrist). On an outside 2 on 1 your free hand would grab the tricep of his arm you have the x-wrist. On an inside 2 on 1 your free hand would reach under his armpit and grab the forearm of his hand you have the 2 on 1. Keep it tight.
IOWA	On chop or spiral	On your chop slide your rear leg between his and hook under his near ankle as he bellies out or comes back to his base. His leg will be

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		trapped in place by your calf and hamstring. Keep you heel to your butt and keep a tight waist.
BAR ARM	On spiral/near wrist	You will have to start this with a near wrist. Put your shoulder into his shoulder (near wrist side on both) and circle towards his head. Keep his wrist tight and pry it out from under his belly as you circle forward. Once his wrist comes out put it on his back and come back to a crab ride.
LEG VINE/HIGH THIGH	On chop or lift	Your leg steps over his body on the chop. Your foot goes between his legs and toes over his same side ankle for a leg vine. Same on the high thigh but you will hook on your own ankle in his crotch. You can put both legs in and "spur" him. In all situations apply hip pressure.
CRAB RIDE	When goes flat	When he is flat you will straddle his back. Your knees will be on the outside and your toes will be hooked on the inside of his legs.
SEATED CRAB RIDE	When he sits	If he sits you can sit with him and hook a crab ride. Your toes will be hooked under and inside his ankles. Stay under his arms and keep him tight.

TURKS- A great basic turn for quick back points. Turks are available any time you put your opponent on his hip or when you come to the side. The key is to lift the near leg and drive him over as you step though.

MOVE	SITUATION	EXECUTION
TURK	Near wrist	Keep your shoulder pressure. If he brings his hips up use your free hand, grab his near hamstring and lift. Keep the wrist and drive him to his far hip. As you lift his leg step through his legs with your back leg and hook behind his far leg (turk him). At this point release the near wrist. Continue to drive him towards his back and at the same time elevate your hooked leg. Stay hip to hip on him and apply pressure with the turk. 1. half 2. L for lunch/trap his arm when he rolls back into you 3. whizzer and plant his shoulder
	Cross wrist	See near wrist (keep cross wrist)
	Crossface tricep	From a crossface tricep the turk execution will be the same as described above. If he will not go over with the turk hit him with a barbed wire.
	Knee breaker	Step through once he hits his hip.
	Redrop	You can hook your turk while you have him in the air.

CRADLES- Cradles can seal a match for you. Once you have his leg and head trapped together he should be pinned. A cradle is extremely difficult to escape from if you have it locked tightly. Any time he brings his knee near his head there is an opportunity for a cradle. Lock your hands with your biceps at his knees and neck, not at his butt.

MOVE	SITUATION	EXECUTION
X-FACE CRADLE	Head to knee	From a crossface tricep when he is flat plant your back hand behind his far knee. Drive in a circle around his head and push his head down towards his far knee. Once you have his head to his knee lock your back hand under his leg onto your wrist of the hand on his tricep. Keep the lock tight and squeeze(you can also go butterfly lock). Bring you hips back behind his, put your near knee in his back and pull him into you and towards his back. Once on his back put your near knee in his hip and hook you back leg on his free leg. *If he is on his knees and you have the cradle locked* 1. Slide your knees between his near leg and arm. Spread your knees and he will go flat. Finish as above. 2. Keep the lock and hop over onto the same side as the cradle. Step up with your outside leg and take him straight back over his butt. 3. Keep your hands locked tight and summersault over him. This is commonly known as a "suicide cradle" and should be used sparingly.
	Knee to head (Leroy)	From a crossface tricep when he is flat you will plant your knees between his legs. Keep his head and tricep trapped now scoot your

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		knees towards his head. Once his knee is to his head lock your cradle, hop over to the far side and pull him to his back.
INSIDE CRADLE	Bow and arrow	<p>On his near side hook/grab inside his hamstring with one hand and grab his chin/neck with the other. Put your head/chest in his side and drive him to his far hip. Pull his head to his knee and lock your hands.</p> <ol style="list-style-type: none"> 1. Drive him straight over and stay chest to chest. Post your forehead on the mat and keep your feet wide. 2. Inside scrape-Hook his near leg with your back leg, then sit to your back hip. Bring your forward leg back and slide it behind his near leg as well. Once his leg is trapped at your hip drive him straight over and stay chest to chest. Post your forehead on the mat and keep your feet wide. 3. Outside scrape-Lift his near leg and hook his far leg with your forward leg. Drive him to his back and you will be splitting his legs.
	Iowa Cradle	<p>Keep your Iowa hooked and extended back. Keep a tight waist with your back hand. With your forward arm place your tricep against his far ear. Hook his chin with that hand. Sag your chest into his near side and use your tricep to pull his head down and into you. Use your back hand to help bring his near leg to his head. Drive him to his hip and lock the cradle. See bow and arrow for finishes.</p> <p>*If he is being tough and will not bring his head down*</p> <ol style="list-style-type: none"> 1. $\frac{3}{4}$ nelson-Keep the Iowa and the tricep in his ear. Take your back hand and reach under his near arm. Lock your hands and pull his head down and in until his butt goes over his head. Keep the Iowa.

ARM BARS-Make sure to keep your arm bar tight. Make a fist with the arm with the bar and keep your bicep flexed. Run the bar to his neck and keep the far shoulder pinned down. Make sure not to place your hand over his shoulder on the arm bar.

MOVE	SITUATION	EXECUTION
RUN TO FAR SHOULDER	Near wrist run	<p>Once you have a near wrist hop your body over to the far side of your opponent. Slide an arm bar by catching his arm at the bicep and pulling it back. Then slide your arm under his and make a fist in his back. Keep your bicep flexed and your weight on him. Drive the arm bar toward his neck and keep the far shoulder pinned to the mat. As you walk to the neck/head he will go to his back.</p> <ol style="list-style-type: none"> 1. sit on bar 2. step over his head and hook a figure 4
	Near wrist stack	If he will not go over as you run the bar you can bring him back into you. Cinch a tight waist with the hand that was on his wrist. Plant your near side knee by his hip and rotate him over your hip. Lift at the waist and put his shoulders on the mat.
WEENIE BAR	Cross wrist run	<p>Once you have a cross wrist hop your body over to the far side of your opponent. Slide an arm bar by catching his arm at the bicep and pulling it back. Then slide your arm under his and make a fist in his back. Keep your bicep flexed and your weight on him. Drive the arm bar toward his neck and keep the far shoulder pinned to the mat. As you walk to the neck/head he will go to his back.</p> <ol style="list-style-type: none"> 1. sit on bar 2. step over his head and hook a figure 4
	Cross wrist stack	If he will not go over as you run the bar you can bring him back into you. Keep your cross wrist. Plant your near side knee by his hip and rotate him over your hip. Lift at the waist and put his shoulders on the mat.
	Cross wrist tilt	If he comes to his knees and you can not run or stack the bar tilt him. Keep the bar and the x-wrist and shoulder roll under his body on the bar side. As he rolls with you pull into your lap in tilt position.

BAR ARMS- From a near wrist you will drive him shoulder to shoulder. Take a baseball grip on the near wrist with both of your hands and work to pull it out from under your opponent. Once out place his arm across his back and go back to the saddle with a crab ride. Be sure not to take his arm off the back and towards his head.

MOVE	SITUATION	EXECUTION
AZEVEDO BAR	First move for back points	As you are working to pull his arm out circle towards his head and place your near knee over his head. Continue to pull up on his arm and at the same time use your knee to scrape his head towards his shoulder. Once his arm comes free pull it to your chest and drop to a near side cowcatcher. Run his spine and put him on his back.

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CROSS HIP	Bar arm is on his back	While in a crab ride pull his trapped wrist across your far hip. Keep it tight and move you body forward. He will start to go to his back. At this point sag down and put his arm on your far shoulder. Hop to the near side and drop to a cowcatcher. Run his spine and put him on his back.
RUN/PULL ACROSS	Bar arm is across his back	Take the bar arm down and across his far hip. You can push this across using your legs and chest (good for heavyweights) or you can hop over and pull the arm across. He should go to his back.
FISH HOOK	Bar arm is across his back	Keep the bar on his back. Come out front and reach under his far arm and grab his wrist. With your other arm come over the chin like a cowcatcher. While on your knees lift his body up to your hip the run him to his back either direction.
KNEE TILT	Bar arm is across his back	Keep the bar on his back with your near (same side) wrist. Place your near knee in the back of his tricep, pinning it to the mat. With your far arm hook under his far arm or slide a half. Pull him into you and put the spurs into him as he goes to his back.
BALL CHAIN STACK	If he fights 2 on 1	If his hips come up as your are trying to roll the near wrist reach your back hand between his legs and grab his near wrist. Pull his hand down tight to his crotch and lift. With your near arm push his head down. Take his hips over his head and stack him on his back.
BALL CHAIN TILT	If he fights 2 on 1	See tilt finishes below
TURK	If he fights 2 on 1	See turk finishes above
REVERSE GRIP TILT	If he fights 2 on 1	See tilt finisher below

TILTS- Tilts are a great way to score nearfall quickly, but you will not get the fall. You can tilt with a cross wrist or no wrist (tight waist only). You should also be able to take the tilt either direction depending on the situation. You must keep the tilt tight and keep your opponent in your hips/lap while you work to stay perpendicular.

MOVE	SITUATION	EXECUTION
NEAR SIDE	From a 2 on 1	Once you have secured a x-wrist grab his trapped arm tricep with your free hand (outside grip 2 on 1). Tuck your forward knee in front of his on the x-wrist side. Keep the 2 on 1 tight and pull him into your lap as go to the mat. Your forward knee should be pointing up and your heal should be in the mat so you can adjust. Keep him tight in your lap and use you back leg to elevate his legs and get back exposure.
ZYPHOID (FAR SIDE)	From a 2 on 1	If he won't go to the near side we can take him to the far side. With the arm on his tricep dig your elbow into his crotch. Tuck your head and shoulder roll to that side. As your come through pull him to your lap and settle in tilt position. 1. You can hit the zyphoid from flat much like a gut wrench in freestyle. Drive your shoulder into his back and lifr on the 2 on 1. This will create a space under his hips for your to tuck the elbow and begin your shoulder roll.
SANTA FE	From a x-wrist	This works if he is on his base or feet. After you secure the x-wrist, tuck your head on the far side, reach your free hand around front and between his legs. Go thumb down behind his far knee and sit. He will go to his back.
TIGHT WAIST	From a tight waist	Cinch an extremely tight, tight waist. With your other arm chop his arm at the tricep and push it in until your elbow is in his crotch. Tuck your head and shoulder roll to that side. As your come through pull him to your lap and settle in tilt position. You must keep the waist and elbow tight. If you fee in trouble roll back to base position.
REVERSE GRIP	From a near wrist	This one works if he is hip down hard on the near wrist and bring shis far hip up. With your free hand reach over his body and grab an underhand grip 2 on 1 on the near wrist. Now put your far elbow in his crotch and shoulder roll the far side to a tilt.
BALL CHAIN TILT	Fights near wrist	If his hips come up as your are trying to roll the near wrist reach your back hand between his legs and grab his near wrist. Now switch hands and hop to the far side. Slide your free arm across his back and under the bicep of his trapped arm and put elbow pressure on his back. Pull him into your hips for a tilt.

LEGS- Your foot goes between his legs and toes over his same side ankle for a leg vine. Same on the high thigh but you will hook on your own ankle in his crotch. You can put both legs in and "spur" him. In all situations apply hip pressure. It is also a good practice to

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stay on in the saddle and secure a secondary anchor (elbow in the ribs, grab his far ankle, hook his toe with yours, power half) so you do not fall off the side.

MOVE	SITUATION	EXECUTION
POWER HALF	Cross body or high thigh	<p>Put your forward elbow/forearm in the back of his head and lock your hands under his far armpit. Arch with your hips and pull his shoulder to your chest tight. Once you get his back exposed you can high leg over and go double vine or spurs as you throw a deep half. Arch and go scissors. If he tries to roll into you on your half, step over and put both legs in for a Saturday Night Ride.</p> <p>-If he is flat on your leg ride you can set up a great power half with a near wrist on the far side. Pull the near wrist in and as he tries to roll it free lift the arm high at the bicep as his wrist comes free. Shove his head under his armpit and slide a high half.</p>
GUILLOTINE	From a cross body or if he reaches back	<p>Hook your forward elbow in his rib cage on the far side, hook under his arm and grab his bicep. With your back hand grab his far wrist and lift his arm up and over your head. Lean back to put pressure on his shoulder. When he goes toward his back reach under his arm and behind his head with the forward arm. Once he reaches near fall criteria you can lock your hands around his head. Figure 4 your legs to be safe.</p> <p>-Watch or if he grabs your back hand wrist.</p>
SPLIT	If he tripods on a leg vine	Reach over and lock your hands behind his far leg at the knee. Arch and collapse his knees in and take him to his back.
REVERSE X-FACE	If he goes flat on your leg ride	Put your forward arm tricep in his ear on the far side. Crank his head to the side that your leg is in and grab his near arm. Put your high leg over and squat him as you pull him to his back. Keep his arm trapped tight across his chest.
L FOR LUNCH	If he sits to his near hip as your power half	Pull his arm pit hard with your far arm and crossface him hard with your near arm. Roll him to his back, elevate his leg with the vine and go L For Lunch (make an "L" around his face with your arm and bend his neck under your chest).

BOTTOM- We must maintain a good base, stay compact and keep your hips underneath so you can stop his first move explode. The longer you stay down the more opportunity you give your opponent to turn you. You can go to an elbow or head post but don't get broken past your base. Your back is the worst place to be in wrestling. Flat on your stomach is next to worst. Your base is better and getting to your feet and away is the best. If you do get broken to an elbow rotate your hand out so he can't get hand control. Always have your first move in mind on the whistle.

ESCAPES AND REVERSALS-We have five main first moves on bottom. Each has variations and adjustments depending on what the top man does. As long as you don't stop and belly out if he stops your first move you should be able to transition to another move.

MOVE	SITUATION	EXECUTION
STANDUP	Explosive move from bottom	<p>Make sure you have your hips loaded so you can come up hard. Throw your inside arm up across. Your chest will come up, bring your far leg up hard (like a sprinter out of the blocks) and bring your far hand to cover his hand on your stomach. Come up to both feet and use both of your hands to push his hand off your belly and towards your back hip. Clear your hips forward and take a back step and pivot with your inside foot. Cut to a low stance facing your opponent with elbow control.</p> <ol style="list-style-type: none"> 1. Old school 2. Track start 3. Push back 4. Tripod/knee slide
TRIPOD	We are looking to go Granby series.	<p>Take a short step with your outside foot and step your near leg through to a tripod. Bring your near hand up to stop him from following.</p> <ol style="list-style-type: none"> 1. Granby 1-if he chops your arm 2. Shrug single-If he follows and you catch his near leg drop to a near side single leg and circle to the hole. 3. Shrug 2-if he gives you space, sit and peek out the back door. Keep his hand in circle behind him. You can put his arm on his back for a bar arm 4. Shrug roll-catch his near leg, shove his hand between your legs and roll. 5. Granby 5-If he follows and your stopper comes up between his legs hook a reverse grip on his near leg. Shove his hand on your belly into

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		<p>your crotch and shoulder roll to that side. Keep his leg and hand trapped and lock both of your hands on his hand.</p> <p>6. Wayne roll- your hand catches inside his far leg. Roll like ganby and look to switch off.</p> <p>7. Iowa roll-If he has an Iowa hooked, catch his wrist on you belly, shove it down and sit in looking for a wayne roll. Hook your toe.</p> <p>8. Standing rolls-You can hit any of the forced rolls from standing. The key is to secure hand control and shove his hand down as you roll.</p> <p>9. Fat man roll-Hook his arm and pull it to your crotch. Once he has fallen off to the side you will need to step over.</p> <p>10. Half roll-Often on his half, if you are still on a base you can secure his half tricep with your half hand. Pull this over your head as you sit out the back door.</p> <p>*On any of the forced rolls if you can't take him to toward his head you can go to your near knee, far knee (shoot you hip in) far elbow and rock him over. You may also step up and bridge him back to avoid a crucifix.</p>
SIT OUT/ TURN OUT	Pressure back into him	<p>Take a short step with your outside foot and sit your near leg through. Now use your heals and pressure back into him. If he hangs his head hook shot with your far arm. If he does not adjust to your sit, switch your hips and turn out (changeover)towards his feet. Circle to face if he follows.</p>
SWITCH	Works best if he has a tight waist	<p>Clear your near arm across your far arm. Sit and reach back for you pocket then grab his inside thigh. Bring your hips up and hip heist behind him.</p> <p>*A switch is a great way to set up a granby 5</p>

COUNTERS- On bottom just as on our feet we must be able to adjust and score depending on our opponents movements.

MOVE	SITUATION	EXECUTION
LEGS-keep your legs together and elbow in when wrestling a leg rider.	He knees in	Hook your near hand on his near shin. Sit into him and throw the leg back hard. Be sure to turn back in quickly and hip heist away
	He has you flat on a double vine	Fight one leg free towards the middle then scissor your legs together to get the other one free. Elbow to knee, elbow to knee to get back to your base so he can not follow. From your knees mule kick and scissor.
	Power half	Throw your near shoulder down hard. Bring your trapped arm back then around in a swimming motion to get him to slide off your back to the near side. Your free arm needs to swim back and between your bodies and catch him on the mat.
	Guillotine	As he lifts your hand to put it behind his head turn your wrist and grab his wrist. As he pulls you back keep the wrist then hip heist out. Your will catch him on his back.
	If you sit and he has you in a crab	Pick a leg to fight. Grab the instep of that leg and pull it out of the ride and place it on the mat on the outside. Reach under you leg and grab his leg. Step your hips over his leg and turn into a Navy ride.
HALF	Elbow down wing roll	Elbow down on the half and step over him as he goes to his shoulder/hip
	Grab tricep and sit in	If he is putting in a half while you are on your base bring your hand back on the half and hook the tricep. Sit into the near side and pull his tricep down hard. Circle behind.
ARM BAR	Sit up when he runs it	As he runs the bar sit up when he plants your far shoulder. He will go to his back.

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Wrestling Staff Meeting (preseason)

1. Introduce any new staff members.
2. Requirement for all coaches – LOYALTY first and foremost. After loyalty – DEPENDABILITY.
3. We must remember what College Park Wrestling is all about:
 - **Character development** (a true self-respect [not pride] and true self-esteem) – We have something to offer. Athletes should be better off when they leave us than when they came.
 - **Good Experience** – Each athlete should be glad he wrestled and have good thoughts of the experience.
- Why do high school kids wrestle?**
 1. Because they enjoy the sport
 2. Because it sustains friendships
 3. Because it increased friendships
 4. Because they enjoyed competition
 5. Because they achieved success
- Why do high school kids quit wrestling?**
 1. Because of an incompetent coach.
 2. Because of poor relationships with teammates.
 3. Because of communication problems with the coach.
4. Specifically we should provide EACH of our boys the following which are our TOP priorities:

<ul style="list-style-type: none">• Health & safety (#1 priority)• Improve their self-respect (not pride)• Develop a strong work ethic• Learn to be reliable• Be able to handle winning with humility• Be able to handle losing with dignity• Be able to handle adversity & unfairness• Persevere/be able to fight discouragement• Be disciplined	<ul style="list-style-type: none">• Good sportsmanship• Team spirit/cohesiveness• Commitment to excelling/succeeding• Honesty• Courteousness• Importance of strong academics• Project a positive (i.e., "clean") image• To be the most respected team area• Develop true leaders/leadership skills• Goal: Straight A's AND go undefeated
---	---
5. The following are HIGH PRIORITIES but NEVER at the expense of the above:

<ul style="list-style-type: none">• To be a fierce competitor• To attempt to win every bout (within the rules)	<ul style="list-style-type: none">• To win every dual meet• In everything, post season success over regular season
---	---
6. What is our part as a coaching staff
 - Our wrestlers need to know what we value, what we value highest – what things are most important to us. We must teach, enforce, and model them.
 - They need to know what our expectations (rules) are... exactly.
 - We must remember that we may very possibly be the best examples they will ever have. We need, ABOVE ALL to live the values we both promote and expect from them.
 - What should/must we do as coaches?
 - Be on time, reliable and a man of our word.
 - Be above reproach.
 - Be sincere.
 - Be enthusiastic, positive and encouraging. MOTIVATE! Our enthusiasm (or lack of same) will rub off on them. Their motivation will reflect our own. We will enhance (or diminish) their motivation by our leadership regardless of how unskilled or untalented they are.
 - Stress IMPROVEMENT! If they keep improving, they will be ok.
 - NEVER show that you are discouraged. Project that they will somehow... at some time... eventually get where we want them.
 - We should do our best to talk to EVERY kid on the team EVERYDAY using his name.
 - Be cheerful EVERYDAY! They should look forward to seeing us.
 - Have high expectations in everything related to the wrestlers and the team (i.e., behavior, work ethic, performance).
 - Be endlessly patient. Never give up (or appear to give up) on anyone.
 - NEVER appear to be frustrated or especially to be DISGUSTED!
 - Be respectful. This communicates to them that you VALUE them (that they are important to us).
 - NEVER say anything derogatory about them to others (the same as if they were your own son). Don't talk about our kids' "shortcomings" to others. Also, do not say anything derogatory to them in the presence of others.
 - Correct them in private.
 - Be objective about poor attitudes or behaviors (don't get personal).
 - EACH WRESTLER MUST THINK YOU LIKE HIM... NO MATTER WHAT! (i.e., "They will never care what you know... until they know that you care!")

COLLEGE PARK WRESTLING TECHNIQUE HANDBOOK

- If in doubt, err on the side of safety. Think ahead. Be health and safety conscious BEFORE being win-conscious.
- Remember, self-respect is gained by giving someone a very difficult task and then doing it... the right way. If we succeed, we will succeed doing things in an honorable way.
- We are not interested in being like everyone else... or anyone else. We should be unique.
- We need to develop in each athlete a strong work ethic. We must teach them what it really means to work hard if the bad are to get good, the good are to become great, and the great are to become legends. We must teach them how to push themselves, how to train intensely, and that they need to do extra.
- We must REQUIRE reliability/dependability. It is our number one requirement of them. Therefore, we must emphasize it. We MUST be able to count on them.
- Emphasize that the most unappealing, obnoxious and repulsive personal quality is arrogance.
- We are in authority. DO NOT accept any form of disrespect or defiance in word, action or attitude. If there is a problem, deal with it immediately and professionally.
- If we have done everything we can and there is still a problem, we must offer an ultimatum to those who find it impossible to buy into what we are about.
- Please inform me of any attitude or behavior problem about which I may not be aware.

7. Hints:

- “Never assume anyone knows anything!” REPEAT what they are expected to know and to do over and over again. Send home things on paper to help with communication.
- Coach these kids for the entire 2-2.5 hours.
- Arrange workout partners both for drilling and for live wrestling.

COLLEGE PARK WRESTLING

VARSITY LETTERMAN REQUIREMENTS

TO BE CONSIDERED AS A VARSITY LETTERMAN ON THE COLLEGE PARK WRESTLING TEAM YOU MUST FULFILL ALL OF THE REQUIREMENTS LISTED BELOW DURING THE COURSE OF A SEASON. AFTER ALL REQUIREMENTS ARE MET THE FINAL DECISION WILL BE UP TO THE DISCRETION OF THE FALCON WRESTLING COACHING STAFF.

1. THE WRESTLER MUST EARN 15 VARSITY WRESTLING POINTS.
*WRESTLING IN A VARSITY MATCH.....1 VARSITY POINT
*WINNING A VARSITY MATCH.....2 VARSITY POINTS
*WINNING BY PIN IN A VARSITY MATCH....3 VARSITY POINTS
**MATCHES ARE NOT COUNTED TWICE. A MATCH WILL EARN 1, 2, OR 3 POINTS ONLY.*
2. THE WRESTLER MAY NOT MISS MORE THAN 4 PRACTICE SESSIONS OR SCHEDULED COMPETITIONS DURING THE SEASON. ARRIVING LATE TO PRACTICE WILL COUNT AS $\frac{1}{2}$ OF AN ABSENCE. EXCUSED ABSENCES AND TARDIES MAY BE MADE UP AT THE COACHES DISCRETION.
3. THE WRESTLER MUST MAINTAIN AT LEAST A MINIMUM 2.0 GPA FOR THE ENTIRE SEASON.
4. THE WRESTLER MUST CONDUCT THEMSELVES IN THE TRADITION OF **COURAGE, PRIDE, HONOR, SACRIFICE**. DISCIPLINARY ACTION TAKEN DURING SCHOOL, COMPETITIONS, OR PRACTICE MAY RESULT IN THE FORFEITURE OF LETTERMAN STATUS.

JUNIOR VARSITY LETTERMAN REQUIREMENTS

1. THE WRESTLER MUST EARN 15 JV WRESTLING POINTS.
*WRESTLING IN A JV MATCH.....1 JUNIOR VARSITY POINT
*WINNING A JV MATCH.....2 JUNIOR VARSITY POINTS
*WINNING BY PIN IN A JV MATCH....3 JUNIOR VARSITY POINTS
**MATCHES ARE NOT COUNTED TWICE. A MATCH WILL EARN 1, 2, OR 3 POINTS ONLY.*
***ANY VARSITY MATCHES WRESTLED WILL COUNT AS DOUBLE JV POINTS.*
2. THE WRESTLER MAY NOT MISS MORE THAN 10 PRACTICE SESSIONS OR SCHEDULED COMPETITIONS DURING THE SEASON. ARRIVING LATE TO PRACTICE WILL COUNT AS $\frac{1}{2}$ OF AN ABSENCE. EXCUSED ABSENCES AND TARDIES MAY BE MADE UP AT THE COACHES DISCRETION.
3. THE WRESTLER MUST MAINTAIN AT LEAST A MINIMUM 2.0 GPA FOR THE ENTIRE SEASON.
4. THE WRESTLER MUST CONDUCT THEMSELVES IN THE TRADITION OF **COURAGE, PRIDE, HONOR, SACRIFICE**. DISCIPLINARY ACTION TAKEN DURING SCHOOL, COMPETITIONS, OR PRACTICE MAY RESULT IN THE FORFEITURE OF LETTERMAN STATUS.

GUIDELINES ON WEIGHT MANAGEMENT

1. Novice wrestlers are not allowed to cut weight. Most will lose weight, (lose fat and gain muscle), during the season from the elevated level of activity. Please call me directly with concerns if your student/athlete is told to cut weight.
2. Cutting back on that second cookie after dinner, drinking soda all day, eating candy bars and bags of chips is not cutting weight.
3. Not to eat breakfast on Saturday morning before weigh-ins is not cutting weight. Not to eat lunch the day of a dual also is not cutting weight. You may eat after weigh-ins or check your weight earlier in the day to monitor your food consumption.
4. Running for 30 minutes before weigh-ins is not cutting weight.
5. The use of plastics, laxatives, and skipping more than one meal at a time is not acceptable.
6. Spitting around campus or in class is not acceptable.
7. The most important aspect of diet is "Moderation"
8. Cut back on the foods you know are bad; chips, soda, candy, deep fried foods--replace all liquids with water etc

MONDAY MAXIMUMS

To compete in a weight class you may not be in excess of 6% over the weight at the end of practice on Monday. The 6% may not exceed 10 lbs. Here is a following summary included scratch and +2 weights.

103-(109)	105-(111)
112-(119)	114-(121)
119-(126)	121-(128)
125-(133)	127-(135)
130-(138)	132-(140)
135-(143)	137-(145)
140-(148)	142-(150)
145-(154)	147-(156)
152-(161)	154-(163)
160-(170)	162-(172)
171-(181)	173-(183)
189-(199)	191-(201)
215-(225)	217-(227)
285-(295)	287-(297)

College Park Athletics Parent Guidelines

There is one thing we all have in common here: We all care very deeply about a student/athlete who is participating on a College Park Athletic Team. We know you want your child to have a positive athletic experience this year...and beyond. We know you want your child to be successful. We would like to help you make your child's experience at College Park a good one and to help you and your child succeed.

Parents, never underestimate how important you are in the life of your child. Most of you have gone to great lengths in time, energy and money to help your child be successful in the classroom and on the athletic field. We know that without you and without your support, your child would not be the person they are today. As coaches, teachers, and fellow parents we appreciate you more than you know.

We hope to pass on information that will enrich your child's experience and help avoid some of the problems which have occurred in the lives of many. We have seen good things...and some very bad things...that parents have done with their children. The interesting thing is that in almost every case, the parent has meant well. When it comes to helping our children succeed on the athletic field, meaning well does not always get the results that we are hoping for. In fact, the opposite frequently happens. We all want our children to succeed...and there is certainly nothing wrong with that. The problem lies in the way we often times go about trying to make this happen.

The most important thing to know is that every athlete needs to enjoy their sport. If they are not enjoying their experience, they will not improve as quickly, and may even quit. This can happen regardless of the child's talent and success. We (both parents and coaches) must be careful not to be overly concerned with success in terms of wins and losses. If we are, the athlete's enjoyment of the sport will drop significantly. This is especially true for the early period of their athletic development. Remember, the greater the enjoyment, the more improvement the child will experience. We should never be responsible for taking the fun out of sports for our children.

We need to understand that just because an athlete wins does not necessarily mean they are a good athlete. A good athlete is one who is in the process of mastering their sport...in all facets of the game. With this approach we should see consistent improvement. Your child's training here at College Park is designed to help them master the art of their chosen sport-NOT just to win today. This is a process...and it takes time. If your child can simply keep getting better, winning will take care of itself.

The most important thing to understand as a parent of a student/athlete is what your role should be. You are your child's support system. This means that your role (job) is to help your child make good choices and assist them in athletics, school and life. This role is critical and no one else can fill it other than you.

What you should never try to be, is your child's coach! This is the biggest mistake that we as parents make, trying to coach our children, rather than simply supporting and encouraging them. Your support role is vital. Your child does not want to be...nor should they be...coached 24 hours a day. Practices and competitions are hard enough. When your child leaves the athletic field, they need to be energized and encouraged. They should never be criticized, coached, or given a "clinic" or "trained some more" because you think they should have done better or should be doing more. That is the role of the coach.

What can we as parents (now aka our child's support system) do to help?

1. Be positive. Encourage your child. Do not criticize their performance. Praise good efforts in victory and defeat. Enforce positive points in the game. Praise improvement. If you see something negative in their performance, keep it to yourself. Never yell at your child after a game or practice. This only hurts...especially later on as the negative effects are often delayed. You and your home are an oasis...a place for your child to go for refreshment. High school sports are tough enough. Your child needs someplace to go where everything is OK.
2. Don't force a conversation about sports unless your child initiates it...especially after a tough loss or poor performance. Don't fret over their silence. Your child will most likely talk at some point, usually if you are consistently complimentary,

COLLEGE PARK WRESTLING TECHNIQUE HANDBOOK

encouraging and positive. If they do choose to talk, let your child do the majority of the talking. Show your child that you care and are listening.

3. The exception to this rule may be in the area of poor sportsmanship or other inappropriate actions. This includes disrespectful actions or attitudes toward opponents, teammates, officials or coaches. In these cases remind your child firmly that this is not acceptable and will not be tolerated in the future. One way to approach is to say: "I understand that you hate to lose. Hating to lose is a good quality, but showing with poor sportsmanship is a sign of weakness. No one should ever see this behavior again."
4. Be supportive of the coaching staff. Whether you agree with the coaches or not, you should never communicate to your child or others a difference of opinion. Do not make negative comments about the coaches personally or their ability to coach. It will accomplish nothing positive and will undoubtedly adversely affect your child's attitude and effort in the future. If there is a disagreement or problem, discuss this with the coach/coaching staff privately. These things can get "contagious" among adults and often get blown out of proportion. Help the team by supporting their efforts...not tearing things down.
5. Do not criticize or "talk down" other members of the team. Your child will learn sportsmanship and leadership (good or bad) from you. The best leaders consistently come from positive parents.
6. "Honor the game" and avoid embarrassing your child. You can do this by being respectful toward officials and opposing coaches and players. Focus on cheering for our team...not against the other team.
7. Make good nutrition a family thing, not just for the athlete. Provide a good environment for sleep. Get your child to bed for proper rest and recovery.
8. Be sure to provide a good environment for academic work at home. **DEMAND GOOD ACADEMICS.**
9. Don't be a fan of other athletes or teams. Your child does not want to hear how good someone else is. Be a fan of your child and their team.
10. Get involved with the College Park Boosters Club.
11. Be sure your child has clean workout gear every day, and uses the shower ASAP after games and practices.
12. Make sure your child gets to practices and games EARLY! Make sure that they take care of the details of their life that must be completed...ie homework, school, projects, chores, and family commitments.
13. Remind yourself that this is your child's High School experience...not yours. This is their thing.

College Park Athletics Parent Pledge

Please read, initial each item, sign and return to the coach or appropriate official.

1. I pledge to get my child to practice and games on time. I understand that I may be putting my child at risk by not providing adequate time for warm up. I will be on time to pick my child up from all games and practices. This shows respect for the program, and tells my child that he or she is my top priority._____
2. I pledge to use positively encourage my child. I understand that fewer than 1% of High School athletes receive college scholarships and that the top three reasons kids play sports are to have fun, make new friends, and learn new skills. I understand that the sport is for the participants and I will keep things in proper perspective._____
3. I pledge to "honor the game". I understand the importance of setting a good example for my child. I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and officials. I understand that officials make mistakes. If the official makes a "bad call" I will honor the game and be silent!_____
4. I pledge to refrain from yelling instructions to my child. I understand that this is the coach's job. I understand that games are chaotic times for children trying to deal with fast-paced action and respond to opponents, teammates and coaches. I will limit my game time comments to encouraging my child and other players._____
5. I pledge to refrain from making negative comments about my child's coach or team in my child's presence. I understand this plants a negative seed in my child's head that can negatively influence my child's motivation and overall experience._____
6. If I have a disagreement or problem with the program, I pledge discuss this with the coach/coaching staff privately first. Often these issues occur due to lack of communication._____

I will honor this College Park Athletic Pledge in my words and actions.

_____ Parent's signature

Print student/athletes name _____

WRESTLING CONTRACT

I, (print name): _____ agree that once I have signed up to participate on the College Park Wrestling Team I will follow the below listed policy or be removed from the team. I realize that to be on the wrestling team takes commitment and dedication.

1. Consistent Practice Attendance: Each athlete is expected to attend ALL practices! Athletes must avoid conflicts with daily practice. If the athlete has a valid reason for missing practice (emergency or illness), the athlete MUST notify the coach prior to the practice that will be missed!!! ATHLETES FAILING TO FOLLOW THIS PROCEDURE MAY BE HELD OUT OF COMPETITION AT COACH DISCRETION. (Practices are every Monday through Friday. JV practices are from 3:00 to 5:45 pm and Varsity practices are from 4:15 to 7:00 pm.)

2. Punctuality: Each athlete is expected to arrive at practice and at competitions ON TIME and prepared! No exceptions! LATENESS WILL RESULT IN EXTRA DUTY...IF LATENESS BECOMES CHRONIC, YOU WILL BE DROPPED FROM THE TEAM.

3. Practice Apparel: Each athlete is required to wear WRESTLING SHOES, T-SHIRT, AND SHORTS OR SWEAT PANTS to practice.

4. Meet Uniforms: Team singlets & sweats are to be worn at all competitions. Athletes are expected to step off the bus wearing sweat top & bottom! Sweats shall remain on at all times before and after your matches! This is important for warming-up, mental focus, team unity, & intimidating our opponents. WASHING INSTRUCTIONS FOR SINGLETS: Wash in cold, hang dry! DO NOT PUT IN DRYER!

5. Athlete Conduct: Falcon Wrestling Team Members are responsible for continuing our tradition of exemplary conduct! Please take seriously the commitment you must make to support your teammates, contribute to our sport, and act responsibly in every situation. **Team members will interact with their coaches, teammates, and opponents in a mature and rational manner.** Under NO circumstances are athletes allowed to dispute rulings with officials! Athletes must maintain their composure and let their coach deal with the situation. FAILURE TO FOLLOW THIS PROTOCOL IS GROUNDS FOR DISQUALIFICATION FROM COMPETITION AND SUSPENSION FROM THE TEAM.

6. Transportation to and from Competition: MDUSD, CPHS, and Team policy regarding student-athlete transportation will be followed WITHOUT exception! This policy is as follows: Athletes transported from CPHS to an away competition via district bus must also return to CPHS via district bus or be released to their legal guardian at the competition site. Athletes will not be released to anyone other than a legal guardian. Friends, relatives, neighbors, etc., are NOT legal guardians. Team policy further requires that any athlete not returning to CPHS with the team via district bus give the head coach verbal notification and visual confirmation of the presence of a legal guardian before departure. FAILURE TO FOLLOW THESE PROCEDURES WILL RESULT IN SUSPENSION FROM THE TEAM.

7. EVERYONE is responsible for rolling, cleaning, and setting up mats.

8. Health and Safety: Report any unusual skin rashes immediately. You will be tired. You will be sore and you will ache. These are not injuries. If you are injured see the trainer as soon as possible. (This is a contact sport!!)

I have read and understand the above listed rule of participation for the College Park Wrestling Team.

Print Name _____ Signature of student-athlete _____

Parent/Guardian _____



College Park High School

Parent/Athlete Coaches Post Season Evaluation

COACH NAME: _____ SCHOOL YEAR: _____

SPORT: _____ POSITION/LEVEL: _____

CIRCLE ONE: I AM A PARENT I AM AN ATHLETE I AM A COACH

Please fill out this form accurately and truthfully. Ratings are shared with the HC and are anonymous.

***Form to be returned directly to AD Jim Keck or Mailed to 201 Viking Drive, Pleasant Hill CA 94523**

Use the following scale to rate your Coaches:

1-Strongly Disagree 2-Disagree 3-Neutral 4-Agree 5-Strongly Agree

GENERAL PROGRAM IMPRESSIONS	RATING
1-Athlete had fun	
2-Athlete is proud to be a part of this program	
3-Athlete respects this coach	
4-Athlete is looking forward to next season	
5-Our team had a competitive schedule this season	
6-Our team was successful this season	
7-Team rules and expectations are clear and reasonable	
8-All players are expected to follow team rules	

PRACTICES AND COMPETITIONS	RATING
1-Coach conducted well planned practices with little wasted time	
2-Practices were too long	
3-Coach conducted practices with player safety in mind	
4-Practices start and end as scheduled	
5-Daily attendance is taken	
6-Coach made practices fun	
7-Coach gave attention and feedback to each player	
8-Playing time was fair, earned, deserved (no favoritism)	
9-Coach is always on time	

COACHING ATTRIBUTES	RATING
1-Coach is knowledgeable of the sport	
2-Coach is a positive role model (appearance, language, & sportsmanship)	
3-Coach demands good sportsmanship from the team in practices and competition	
4-Coach develops good team spirit and morale in a positive manner	
5-Coach uses sound methods to teach skill and technique	
6-Coach is concerned about and supports academic achievement of athletes	
7-Coach maintains discipline in practices and games	
8-Coach is open and approachable to questions and concerns	
9-Coach helped athlete develop self-confidence, determination, and work ethic	

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10-Coach communicated with athletes/parents clearly and with a variety of methods	
11-Coach treated athlete fairly and with respect	
12-Coach treated opposing players, coaches, and officials with respect	
ATHLETE IMPROVEMENT AND PERFORMANCE	RATING
1-Coach helped athlete improve their physical fitness	
2-Coach helped athlete improve in skills and tactical knowledge of the sport	
3-Coach gave athlete an opportunity to compete	
4-Coach helped me become a more successful player	
5-Coach gave me leadership opportunities	
6-Ahtlete is a better player because of coach	
7-Athlete is a better person because of coach	
8-Athletes participation in this sport was a positive and meaningful experience	
9-Coach cared about this athlete	

What are the strengths of this coach?

What positive or constructive criticism do you have for this coach?

What are the strengths of this program?

Are there areas you feel this program could improve?

Additional comments:

In-Depth Analysis of the Division 1 NCAA Wrestling Championships

The Division 1 NCAA Wrestling Championships is regarded as the toughest scholastic tournament in the world. The wrestlers participating in this competition are the best in the world at what they do. It is our duty, as coaches, to learn from these athletes so that we can better prepare our own wrestlers to succeed at this sport's highest levels.

I wrote this article because, frankly, I am sick and tired of wrestling coaches throwing out garbage statistics that they simply made up off the top of their heads in order to drive their teaching point home.

I also wrote this because I think that scientific data, is really the best tool for seeing what is *actually* working, and what we *perceive* to be working.

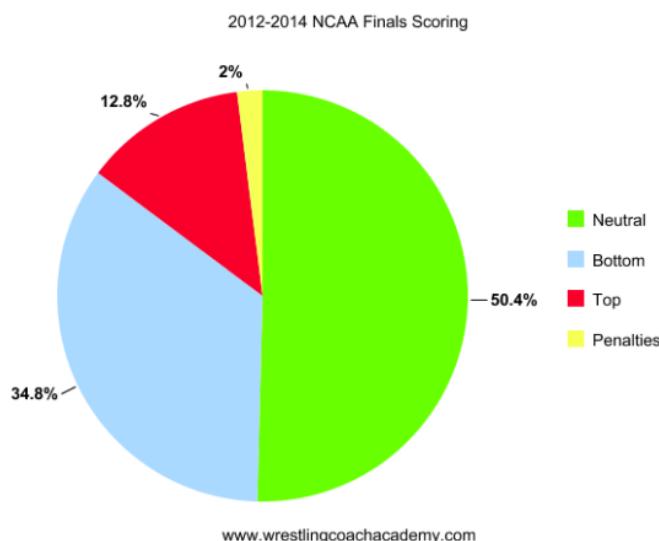
Anyway, I am not going to wax poetic with this introduction. I just want to say one thing.

This study was done on the 2012, 2013, and 2014 Division 1 NCAA Wrestling Finals matches. I figured that learning from the best folkstyle wrestlers in the world would provide the best value to you as a coach.

I am sure you are all wondering:

What does it really take to win a D1 NCAA Wrestling Championship?

Let's get into it.



As you can see, takedowns accounted for 50.4% of the total points scored in the NCAA Finals. However, 47.6% of the points scored in these matches came from the mat.

Most wrestlers nowadays neglect the top and bottom positions. This can be a serious problem. Not every match had a takedown, but every single match had a score from the mat, be it from top or bottom. This leads one to believe that although top and bottom are actually more important than wrestling from your feet.

In this chart, the total points scored are used to calculate percentages. But if we look at scoring opportunities (regardless of point value) the breakdowns are as follows:

63 scoring situations occurred from neutral

84 scoring situations occurred from bottom

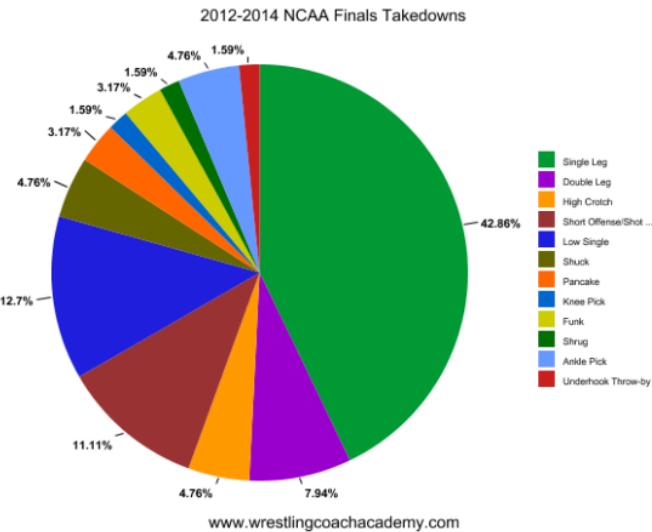
24 scoring situations occurred from top

5 scoring situations occurred from penalties (stalling & locked hands)

The most frequent scoring position in college wrestling is clearly the bottom position, with neutral coming in second. Coaches, it might be time to rethink your practice design and program some more mat work.

I am sure you are wondering: what were the most common takedowns in the NCAA Finals?

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Shocker. The single leg reigns supreme, yet again!!!

The single leg continues its dominant run by accounting for a whopping 42.86% of all takedowns in the last three years of D1 NCAA Wrestling Finals.

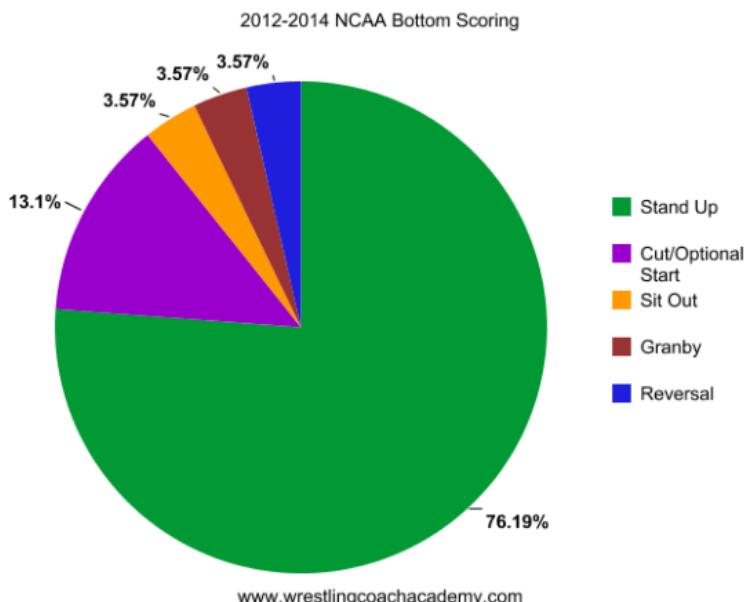
But wait, didn't your coach always tell you that there are 3 "high percentage/low risk" takedowns in wrestling- the single, double and high crotch?

I guess your coach was wrong. The single leg is the bully of wrestling takedowns, its giving every other wrestling move swirlies and stealing their lunch money. It is relentless. The single leg was hit 27 times out of 63 total takedowns.

And its baby brother- the low single- was hit 8/64 times.

The fact of the matter is that if you want to win an NCAA title, your best bet would be to start drilling a single leg attack. Now. Right now. Step away from the computer. Lace em up and start chipping away at those 10,000 reps to mastery.

Let's delve into the most prolific move in all the land. This is the one move that you literally cannot live without if you want your athletes to win an NCAA title.



Stop the fight!! Stop the fight!!

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Wow. With a whopping 76.19% of all scores from bottom, the stand up runs away with the title, the OW and the Hodge award.

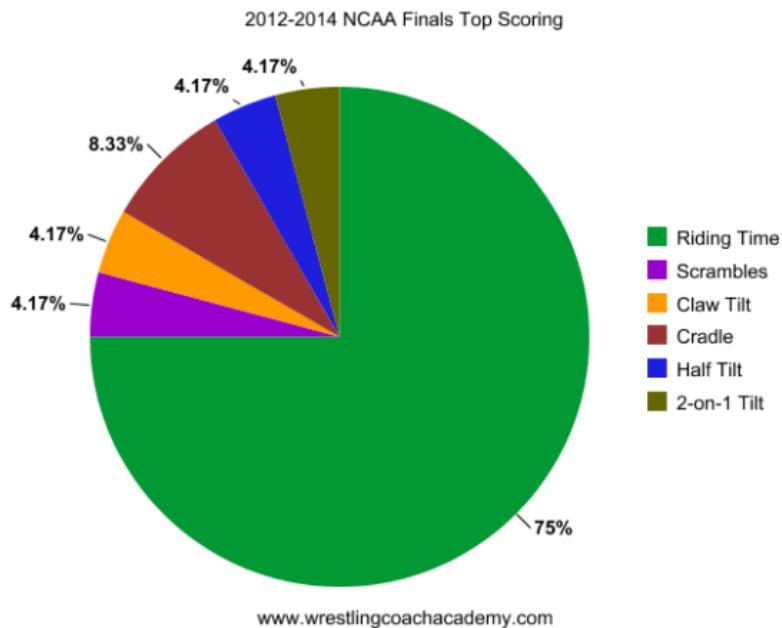
I mean, honestly, does it even make sense to drill anything else besides a single leg?

The stand up was hit 64 times in the past 3 years of NCAA finals. This is the most prolific move in all of wrestling. Period. End of story. If you can't hit this, then you are out of luck my friend.

Its crazy to notice that you had a better chance of getting **let off the bottom without a fight** then by hitting a granby, sit out, or miscellaneous reversal.

Of course, I have David Taylor and Ed Ruth to thank for that one. Thanks for skewing my statistics, guys.

This next one is just depressing.

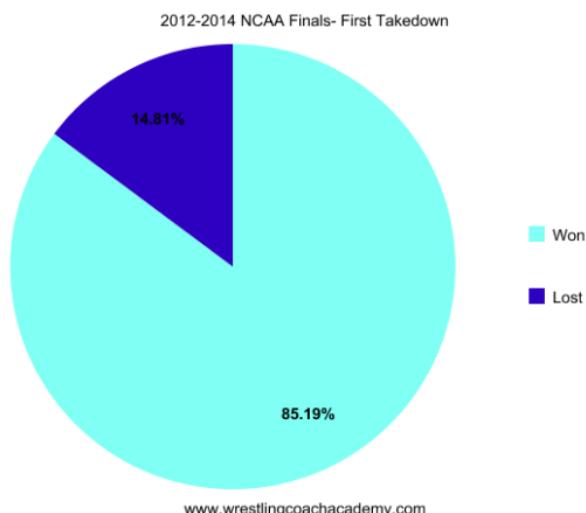


Bleh. Whatever top. Your BORING.

Riding time, riding time, and more riding time. No surprises here.

The cradle made a strong little push there, but quickly drowned to death in an ocean of riding time.

And now.. The one that graph you have all been salivating over...

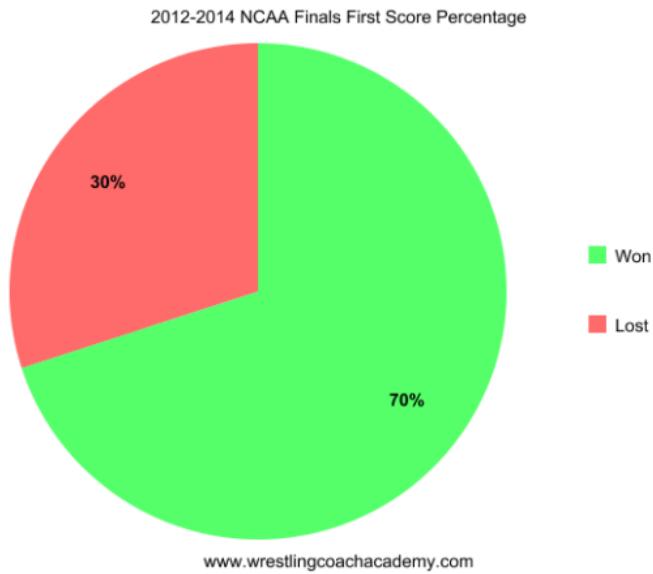


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Well, that escalated quickly..So, it looks like..guys who score the first takedown,

win 85% of the time. Anyone care to argue that fact?

Now, that we got that out of our systems, let's move onto a much more important statistic.



What does this graph tell us? Let me break it down for you..

If you don't score first, you have a 30% chance of winning.

Coaches, it is IMPERATIVE that your athlete scores first. This data should change your opinion on whether or not you should chose bottom or defer when given choice in the second period.

Making Weight

Wrestlers want to cut weight. Athletic trainers want to teach healthy eating habits. This author describes how to do both.

By Kim Tirapelle

Kim Tirapelle, MS, RD, CSSD, is a Registered Dietitian for TERRIO Therapy-Fitness, Inc., in Fresno, Calif. She is also the Team Dietitian at Fresno State University and for the Clovis (Calif.) High School wrestling team, which captured a state title this past winter. She can be reached at:

Power. Strength. Stamina. Skill. Discipline. Toughness. These are all qualities that come to mind when thinking of athletes who compete in the sport of wrestling.

Dehydration. Fasting. Rapid weight loss. Unfortunately, terms like these are also linked with the sport. While rules surrounding weight management have changed at both the high school and college levels over the past decade, making weight is still a critical part of wrestling, and this makes teaching your athletes how to do so in a healthy manner important.

The good news is that recent research offers new insights into how wrestlers can make weight safely and maintain the best power-to-weight ratio throughout the season. There are some very concrete steps coaches and athletic trainers can implement that lead to both good nutrition and success on the mat.

The bad news is that sports nutrition for wrestlers continues to be a misunderstood subject. Because the sport is so steeped in tradition, it takes delicate yet consistent work with coaches and athletes to educate and assist them in utilizing healthful strategies to make weight.

Over the last five years, I have had the opportunity to assist junior high, high school, and collegiate wrestlers with their nutrition needs. I have worked very closely with the Clovis (Calif.) High School wrestling program, which has won a state-record nine team titles, most recently in 2011, and has finished in the top five in the state each of the past five years. Providing our athletes with nutritional strategies on making weight safely at this level has given them a distinct advantage on the mat, and set them up for healthy eating throughout their future careers.

LAW OF THE LAND

In recent years, both the high school and collegiate wrestling governing bodies have made strong efforts to eliminate unsafe practices around making weight. Following the deaths of three collegiate wrestlers in 1997 who were attempting to cut weight quickly, the NCAA implemented a weight management program for the 1998-99 season. The NFHS put its current rules in place before the 2006-07 season.

Under NCAA rules, weigh-ins are held one hour before the start of a dual match. Tournament rules require that athletes weigh in two hours before the start of the first match on the opening day of a tournament, and one hour beforehand on subsequent days. These rules were put in place to reduce the practice of drastic weight cutting that could be achieved with a longer window between weigh-ins and competition. The NCAA also banned artificial weight loss practices such as the use of laxatives, diuretics, emetics, vapor impermeable suits, steam rooms, and hot practice rooms.

Another new regulation is determining a minimum wrestling weight (MWW) for every competitor before the season starts, which is a multi-step process and requires a certified assessor. The athlete first submits a urine sample that is tested for specific gravity using a refractometer to ensure he or she has an acceptable level of hydration. Because dehydration causes urine to concentrate, a specific gravity of 1.020 or less must be achieved to indicate a hydrated state. If the athlete does not meet this standard, the test cannot be repeated for at least 24 hours.

Once wrestlers pass the specific gravity test, they are weighed on a certified scale. Next, their percent body fat is determined either through skin fold measurements, the use of hydrostatic weighing, or air displacement plethysmography (using a BodPod). These measurements are then entered into the Optimal Performance Calculator (OPC), which uses an equation based on their percentage of body fat, fat weight, and fat-free weight to calculate the athlete's MWW.

The minimum body fat percentage allowed is five percent for males and 12 percent for females. In addition, athletes may not lose more than 1.5 percent of their bodyweight per week. This is to prevent excessive weight loss in a short amount of time, which can compromise the health of the wrestler.

NFHS weight management rules are similar to the NCAA's. Establishing a MWW for high school wrestlers follows the same steps required for collegiate wrestlers, though the NFHS uses slightly different benchmarks. The specific gravity of urine must be less than or equal to 1.025 and male wrestlers may not go under seven percent body fat. State athletic associations may specify which tool to use to

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measure body fat. For example, California requires a certified bioelectrical impedance scale while Illinois uses the Lange caliper. Lastly, weigh-ins occur two hours prior to all competitions.

In working with wrestlers, it is important to understand the rules and how a wrestler determines his or her competition weight. The new regulations are aimed at making sure wrestlers do not attempt to drop significant amounts of weight in short periods of time. But wrestlers still need to hit specific weights and may wish to use weight loss measures to achieve this. Nutritional advice must work within that premise and culture.

LATEST RESEARCH

The purpose of establishing weight classes in wrestling is to match up athletes of similar size. But within each class, there are still variations in weight. The idea has always been that wrestlers gain an advantage by being at the top end of their weight class--if an athlete is competing in the 152-pound class, he wants to weigh 152 and not 146 (one pound over the 145-pound class).

How does the latest research suggest wrestlers make weight safely? Certainly, it comes as no surprise that severely restricting fluids and food over the course of a season, especially as competitions near, can lead to electrolyte imbalances, impaired thermoregulation, glycogen depletion, impaired immune function, fatigue, and loss of lean tissue. Thus it seems obvious that we should advise wrestlers against such tactics.

However, in reality, wrestlers still engage in weight cycling to make weight for competitions. While a study from 2006 shows that since the implementation of the NCAA weight management rules, wrestlers are engaging in less drastic weight cutting strategies, another study indicates that some weight cycling continues. A small study published in 2010 tracked the body composition of collegiate wrestlers over a season and showed that on average, they cycled their weight 3.4 kg (4.7 percent of their bodyweight) per week by reducing calories and restricting fluids starting two days before competition. To achieve competition weight, these wrestlers would approach a five percent level of dehydration, although there was no evidence of loss of fat-free mass as a result of weight cycling.

Anecdotal evidence is also strong. Wrestlers continue to restrict fluids or exercise heavily to yield more sweat loss in the 24 to 48 hours prior to weigh-in.

Our instincts may tempt us to preach against the practice of weight cycling. But after examining more research, I have found a good compromise.

A study looking at rowers who reduced their body mass by approximately four percent over 24 hours and then aggressively refueled and hydrated during a two-hour recovery period between weigh-in and competition showed a small, non-significant decrease in performance. In another similar study, the repetition of acute weight-making to simulate a multi-day regatta also resulted in minor decreases in performance when followed by rehydration and refueling.

This suggests that acute dehydration in the 24 hours prior to competition followed by aggressive rehydration and refueling is a safer method than larger weight cuts with more severe dehydration and food restriction over a longer period of time. This practice may allow a wrestler to train at a higher weight, while wrestling in a class that optimizes his or her power-to-weight ratio. Doing so would prevent severe or long term energy restrictions that result in lean tissue loss and focus more on water shifts that can be replaced with proper refueling after weigh-in.

Clint Wattenberg, MS, RD, CSCS, who works with the Cornell University wrestling program in nutrition and strength and conditioning, agrees with this approach. "The big misconception surrounding wrestling, especially among practitioners, is that all weight loss is the same," he says. "Quickly shifting fluids by restricting intake and increasing sweat loss is the safest and most effective way to achieve weight loss. However, dehydrating too early, outside of 24 to 36 hours prior to the weigh-in, is a common weight loss tactic that compromises both health and performance."

BEFORE THE SEASON

While making weight may be a wrestler's most pressing concern as it relates to nutrition, they should also be guided on implementing a more comprehensive weight management plan. This includes an off-season strategy for any major weight shifts and a preseason schedule for perfecting body composition.

The off-season is the best time for making any large-scale changes to an athlete's weight. Every team has wrestlers who want to move up or down a weight class, but waiting until preseason practices to do so can be too late.

It's important to help coaches be realistic when determining the best weight class for an athlete in the upcoming year. The earlier they make this decision and the more time we have to implement gradual weight changes, the better. At Clovis, if an athlete wants to move down a weight class, we evaluate his current weight and body composition (lean vs. fat mass in pounds) and how much time we have until the season begins. We then calculate what his lowest weight would be while maintaining seven percent body fat (for high school) to determine if that weight class is achievable. Essentially, we follow the guidelines of the NFHS wrestling rules.

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To help wrestlers lose weight slowly, we pair a guided moderate energy restriction of approximately 250 to 500 calories per day with their usual wrestling workouts and additional cardio. Their goal should be to lose one to two pounds of body fat per week. This slow rate of weight reduction will minimize the loss of muscle protein and maintain optimal hydration for workouts.

We emphasize to our athletes that a quality diet is key during the off-season to ensure that they are receiving adequate vitamins and minerals, as well as an optimal distribution of macronutrients. I keep my athletes' protein at a minimum of 1.4 to 1.7 grams per kilogram of bodyweight to help maintain lean tissue while losing fat mass. It can be beneficial to track your athletes' weights daily and weekly to provide feedback on their progress.

For those wrestlers who want to increase muscle mass so that they can move to a higher weight class, the key is a slight increase in high-quality calories over several months paired with a strength and conditioning program. I suggest an increase of approximately 500 calories per day above what they need to fuel their workouts. It often works best if athletes can eat small, frequent meals throughout the day. This allows for nutrients to be available to the muscles constantly.

To determine the calorie needs for wrestlers in an off-season training program, I start with a base of approximately 41 calories per kilogram of bodyweight. It is important to determine an athlete's nutrition needs to first meet expenditure, then we adjust nutrition to help them gain or lose weight. For example, for a 140-pound wrestler exercising three to five days per week, here's the calculation:

140 pounds/2.2 = 63.6 kilograms. 63.6 kilograms x 41 calories per kilogram = 2,610 calories per day to maintain weight + 500 calories per day for weight gain = 3,110 calories per day.

When an athlete wants to gain or lose weight in the off-season, their food choices before and after workouts are critical. Athletes looking to lose weight should not reduce calories in their pre-workout fueling or their post-workout recovery fueling. And athletes hoping to gain weight should increase their overall intake at all meals and snacks.

A pre-workout meal rich in carbohydrates like a bagel with peanut butter, banana, and low-fat milk will provide carbohydrates for the muscles to utilize during the workout, as well as amino acids that will be available for post-workout refueling. Following a workout, encourage your athletes to consume both carbohydrates and protein within one hour for optimal recovery. Research suggests aiming for 1 to 1.5 grams of carbohydrates per kilogram of bodyweight plus 0.1 to 0.2 grams of protein per kilogram of bodyweight. A good example of a post-workout snack would be eight to 16 ounces of low-fat chocolate milk paired with a turkey sandwich and a piece of fruit.

Coming into the preseason, our wrestlers further decrease or increase weight healthfully to get closer to their competition weight. But it is best that any major weight gain or loss happens in the off-season as the preseason is the time to focus on wrestling skills. Athletes should be within five percent of their competition weight before the preseason begins.

Another useful off-season or preseason tactic, according to Jennifer Gibson, MS, RD, Sports Dietitian for the U.S. Olympic Committee, is for athletes to learn their sweat rates. Knowing how much fluid they lose in a workout allows athletes to better know how to rehydrate after practice. This information can also be helpful to know when recovering from cutting weight during the season.

To calculate sweat rate, an athlete should subtract their post-workout weight (in pounds) from their pre-workout weight, then multiply the pounds lost by 16 (16 ounces equals one pound). Add that number to the ounces of fluid consumed during practice to determine the total amount of fluids lost, or sweat rate.

For example, if a wrestler weighed 140 pounds pre-workout, drank 12 ounces of fluid during a two-hour workout, and weighed 138 pounds after the workout, he would have lost 44 fluid ounces. His sweat rate would equal 22 fluid ounces per hour.

To replenish the fluid lost in a workout, wrestlers should aim to consume 150 percent of the weight lost by dehydration, or 16 to 24 fluid ounces per pound lost. To monitor hydration status, athletes should check their urine. It should be a pale yellow, which indicates adequate hydration.

COMPETITION TIME

The last piece of the nutrition puzzle is implementing best practices leading up to weigh-in on match day. We recommend our wrestlers be within two to three percent of their target weight the day before weigh-ins. However, this plan varies for each wrestler based on how it impacts their performance.

To achieve the final two to three percent weight loss before weigh-ins, we offer the following strategies to our wrestlers:

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- 48 to 72 hours before weigh-ins, reduce fiber and residue in the diet. High residue foods, including fiber, remain in the intestinal tract, are not digested, and contribute to stool. This strategy should only be used around competition, as it limits the nutritional quality of the diet. It can result in approximately a one to two pound weight loss due to reduction of gastrointestinal contents.

Examples of low-fiber, low-residue foods include cooked carrots, spinach, and green beans, melons like cantaloupe and watermelon, vegetable juice, and plain enriched grains like white rice, rice cakes, cream of wheat, enriched bagels, Cheerios, and waffles.

- Moderately reduce food intake two days before weigh-ins and pair this with reduced energy expenditure to minimize glycogen depletion.
- Up to 24 hours before weigh-ins, keep fluid intake high. Sipping on nutrition shakes can provide carbohydrates, electrolytes, and energy needed for competition and what the body does not need can be expelled in urine during the 24 hours before the event.
- 24 hours before weigh-in, restrict fluids and promote sweat loss through low intensity exercise to induce dehydration of up to two percent. If possible, do this the night before weigh-ins to limit the dehydration time period. Use a heart-rate monitor during exercise to ensure you stay within a safe heart rate zone of approximately 50 to 60 percent max heart rate. (We monitor our athletes during workouts to ensure they are not over-heating.)
- If you are not a salty sweater and/or need to make weight on consecutive days, a mild sodium reduction to 1,500 milligrams per day may be beneficial.

After weigh-in, recovery is paramount to allow the wrestler to refuel and rehydrate prior to competition and should begin immediately. Here is what we advise our athletes:

- Consume fluids that equal 150 percent of the weight lost by dehydration, or 16 to 24 fluid ounces per one pound lost. Aim for six to 12 fluid ounces every 15 minutes. Flavored sports drinks containing carbohydrates and electrolytes can help to stimulate further thirst, while repleting carbohydrates and electrolytes, and cool beverages are typically tolerated better and help cool the athlete.
- Consume easy-to-digest carbohydrate-rich foods and fluids that contain salt, such as pretzels, low-fat salty crackers, sports drinks, and endurance formulas with added salt. Other carbohydrate-rich foods include: bagels, bananas, English muffins, peanut butter and jelly sandwiches, low-fat yogurt, low-fat chocolate milk, low-fat granola, low-fat pudding, and sports replacement bars and beverages.
- Try to eat small, frequent snacks rather than large meals to avoid gastric discomfort. And avoid high fiber and high fat foods, which may delay gastric emptying and prevent nutrients from reaching the bloodstream and being carried quickly to the muscles for expedited recovery. Additionally, high fiber and high fat foods may cause bloating and gas.
- Cool the body using cold towels on the neck, wrists, and/or head and consume cool beverages to help decrease core body temperature.

There is much debate in the wrestling community regarding using Pedialyte as a recovery beverage in place of a carbohydrate-electrolyte beverage to help replace electrolytes lost in sweat. While Pedialyte does have a higher concentration of electrolytes, it has minimal carbohydrates. Therefore, I recommend that wrestlers who use Pedialyte pair it with other carbohydrate-rich snack items. Alternatively, some athletes will consume Pedialyte first, followed by a sports drink and a snack. The main point is to ingest fluids and fuel rich in both carbohydrates and electrolytes.

One very important note is that these strategies may not be appropriate for every wrestler. Try these tactics before in-season competition to establish what works best for each wrestler and how he or she feels in terms of energy level and performance. Work with a registered dietitian to help individualize strategies.

While the above plan is the big focus of our in-season nutrition, we also concentrate on having wrestlers consume a healthy diet at all times. In order to have the energy for competition, an athlete needs to eat a diet rich in whole grains, fruits, and vegetables along with adequate protein and fluids.

Working with wrestlers provides a unique set of challenges and opportunities. By starting at a young age, educating parents, athletes, and coaches on proper fueling strategies can allow each wrestler to meet his or her potential.

Sidebar: CASE STUDY

Dylan wrestled at 145 pounds his junior year of high school and then worked in the off-season to increase his muscle mass. At the beginning of preseason during his senior year, Dylan was certified at 165 pounds with 15 percent body fat. His minimum wrestling weight was calculated at 152 pounds, and it would take six weeks (losing 1.5 percent of his bodyweight each week) to reach that

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weight: 165 pounds/2.2 = 75 kilograms. 75 kilograms x 41 calories per kilogram = 3,075 calories per day - 500 calories per day = 2,575 calories per day for weight loss. Here was our plan for his weight reduction, following NFHS rules.

Dylan's Certification Weight: 165

Week 1: 162.5

Week 2: 160

Week 3: 157.5

Week 4: 155.1

Week 5: 152.6

Week 6: 151.8

Here is a sample diet for Dylan that provided him with 2,605 calories, including 400 grams of carbohydrates, 66 grams of fat, and 128 grams of protein.

Breakfast: 445 calories

1 1/2 cups cooked oatmeal (240)

3/4 cup blueberries (60)

8 walnut halves (45)

8 ounces skim or one-percent milk (100)

Snack: 310 calories

6 ounces low-fat yogurt (100)

1 large apple (120)

12 almonds, whole (90)

8 to 16 ounces water (0)

Lunch: 440 calories

2 slices whole grain bread (160)

2 ounces sliced deli turkey (70)

1 ounce cheese (90)

2 tablespoons avocado (45)

1 cup raw spinach and tomato slices (for sandwich) (25)

16 baby carrots (50)

16 ounces water (0)

Pre-workout snack: 220 calories

1 orange (60)

34 mini pretzels (1.6 oz) (160)

16 to 20 ounces water (0)

Post-workout snack: 675 calories

1 banana (120)

2 slices whole grain bread (160)

1 tablespoon peanut butter (95)

16 ounces reduced-fat chocolate milk (300)

Dinner: 515 calories

4 ounces grilled chicken breast (180)

1 cup cooked broccoli (50)

1 cup cooked quinoa (240)

1 teaspoon olive oil (45)

16 ounces water (0)

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Training for Grappling Sports

By Jason Shea M.S., PICP, PES and Mike Jones PICP

With all the publicity and increased popularity of Mixed Martial Arts over the past decade, it is no wonder why some experts are predicting this sport to become one of the most popular sports on the planet in the next 10 years. With its white knuckle unpredictability, to the tremendous physical demandsit places on the athletes, it is no wonder combat/grappling sports may be the wave of the future. Many of these athletes are setting the standard for what it means to be "in shape". Whether it be grueling strength circuits, unimaginable metabolic conditioning sessions, or brutal skills sessions, these athletes are pushing the boundaries of physical preparation.

The unpredictable nature of this sport forces the athlete to be prepared for any and all aspects of physical combat including striking, takedowns and takedown defense, grappling, clinching,conditioning/muscle endurance, and last but not least, strength and power. The skills and conditioning/muscle endurance training can be seen at many academies/schools across the globe. These athletes are getting in shape with minimal equipment through bodyweight circuits, sprinting and long distance endurance training, as well as live skill practice. All these play a critical role in the development of any grappling competitor. Often overlooked though is the development of true functional strength and power.

In this case, the term functional strength can simply be classified as "usable" strength. In other words strength that can be easily transferred to increase one's ability in their sport. With a strong foundation of strength, one can then increase their potential for increased rate of force development, or (in English), Power.

Too often nowadays, athletes engaging in grappling/wrestling based sports depend almost entirely on bodyweight or kettlebell circuit training along with long distance running or sprinting as their primary methods of physical preparation (and live skill practice) for grappling sports. Besides risk of injury due to repetitive trauma from overloading patterns, these athletes run the risk of developing structural imbalances, under developing strength/power, and overdeveloping type I (slow twitch) muscle fiber content, at the expense of type II (fast twitch) muscle fibers.

Common rationale of grappling competitors not wishing to engage in strength training may include:

- *I don't want to get too big and bulky as this will slow me down*
- *I need to make sure my cardio does not get worse*
- *I am worried I won't be able to make weight*
- *I don't want it to decrease my flexibility*
- *I need to make sure my cardio is good*
- *You need to run (long distance that is) because that is what we have always done*
- *I don't want to get hurt*
- *I need to do more cardio....*

Let's try to shed some light on each of these.

1. I need to do more cardio: Cardio, cardio, and more cardio seem to be a rallying call for many fighters and grappling competitors. The last thing one wants to do is fatigue, as "fatigue makes cowards of all men". Why is it so many grappling athletes believe running will give them better endurance for grappling? That is just like saying that marathon runners would benefit from live grappling to increase their marathon performance. Does long distance running or long duration endurance training truly transfer to actual competition endurance, as the energy systems required for each are quite different (in most cases)? For many grappling athletes, wouldn't it make sense to get their cardio by, well, live grappling or energy systems specific metabolic conditioning workouts? For more on some of the negative effects of long endurance training check out this article on Excessive Endurance Training.

2. I don't want to get too big and bulky: Yes genetic freaks, you know, the guys that just look at a barbell from across the room and get bigger, may have to worry about this (though it is typically quality muscle that they are adding), but for the average person, unless dietary modifications are made, bulk may be much harder to come by. Besides, wouldn't adding quality muscle to one's frame increase their potential for explosive power! Athletes that need to worry about adding bodyweight when engaging in strength training can utilize relative strength training methods and functional strongman training methods to ensure minimal gains in sarcoplasmic hypertrophy while maximizing gains in strength per pound of bodyweight.

3. I don't want to negatively affect my flexibility: Hmm, you can spend an hour doing static stretching or, you could kill two birds with one stone and perform full range of motion strength training. Walk into any large chain gym and you may

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see half chin-up variations, half squat/split squats, half dumbbell bench presses, etc... and these athletes wonder why their flexibility is awful and they need to engage in multiple static stretching sessions per week. Besides, with proper range of motion and antagonistic muscle group training (see Charles Poliquin's Structural Balance testing at www.charlespoliquin.com) an athlete can ensure "proper" range of motion throughout a joint as there is equal balance (tightness-&weakness) between opposing muscle groups.

4. I don't want added muscle to slow me down: Isn't muscle the connective tissue that pulls bones into motion? Well the stronger that muscle gets, wouldn't it be able to pull the bones with more force? With greater force, isn't the potential for power increased? Power is basically the rate at which one can develop force. So the less time you can develop greater force, the greater your acceleration. Think about it, if you want to make a car faster, isn't the simplest method to put more horsepower in the motor?

The simplest way to debunk the myth about strength training for grappling/combat athletes is to watch an athlete whom has spent a considerable part of his life developing his strength through conventional and functional strength training compete in an MMA competition. Remember, many grappling/combat athletes are concerned about **1.** Losing explosiveness due to too much muscle, **2.** Fatiguing too quickly due to increases in muscle development and **3.** Lacking endurance due to less long duration cardio training. Well, watch this video of the current reigning Met-Rx World's Strongest Man, Mariusz Pudzianowski competing in a professional MMA fight. Ouch. All that conventional and functional strength training he has done over the years didn't really seem to slow him down or decrease his power at all. In fact it is quite the opposite. Regarding his cardio, he didn't even get a chance to test it as his opponent appeared to have no answer for his tremendous strength and power. Yes, it is not every day that one will be competing against the strongest man in the world, but his training approach and methodology show the incredible benefitsthat conventional and functional strength training can have on grappling/combat sports.

Anatomy of Grappling Sports

In any team sport it can be difficult to target select muscle groups in which athletes need specific training protocols to maximize their on field performance. Common Structural imbalances can occur though, giving the strength coach a roadmap toward strengthening an athlete's weak links. One sport in which it is quite possibly the most difficult to target a particular muscle or group of muscles due to the chaotic nature of the sport, is grappling/combat sports. Whether it be pushing, pulling, or twisting from a standing position, to the same biomechanical patterns from a laying position, grappling sports do not allow for an athlete to have any weak muscles groups. Typically the stronger athlete with better technique and stamina wins out. With that said, it seems too many athletes still engage in the wrong training methods to enhance their performance on the mat.

For instance, understanding that strength and power plays a critical role in these sports, why is it we still see many a grappler performing long slow distance running along with muscle endurance based bodyweight training programs. The long slow distance training is targeting their cardiovascular system and slow twitch muscle fibers, at the expense of higher threshold fast twitch fibers. While the muscle endurance bodyweight exercise may seem like a good idea, used solely as a training technique, it is primarily a muscle endurance, not strength, based protocol. Generally it can be difficult to say which muscle/muscle groups are of greater importance in training for grappling sports. With so many different possibilities, one could browse through an entire anatomy book and find some way in which the bulbo spongiosis is even trained in grappling (just kidding).

Spinal Erectors

This is a common link amongst many sports. Especially in grappling sports, the low back extensors will allow for greater upright stability, throwing/lifting power, and even generation/transfer of kicking and striking force. An athlete with very strong low back extensors may also have an advantage on the mat as their pulling strength can allow them to control position.

1. **Iliocastalis** (Lumborum, Thoracis, Cervicis)
2. **Longissimus** (Lumborum, Thoracis, Cervicis)
3. **Spinalis** (Lumborum, Thoracis, Cervicis)

Grip Musculature

You ever shake someone's hand that had world class grip strength. You know they are strong and probably a tough sunofbit. Grip strength is a limiting factor in many strength based activities as the load that the low back extensors or legs can maintain may be far greater than the load potential of the forearm flexor musculature. The forearms contain 23 different muscles, "" of flexors and "" of extensors. Each of these plays a critical role in sports.

Elbow Flexors

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Any sport that involves controlling an opponent, lifting from a hugging type position, or pulling an opponent toward you will involve activation of the low back, mid back, and.... the elbow flexor musculature. Wonder if this is why so many grapplers are so good at chin-ups? The elbow flexors play a critical role in these sports as they allow for generation/transfer of pulling forces from standing position and controlling forces from laying down positions. With all the pulling motion that occurs in grappling sports, it can be easy to see why many grapplers can develop rounded shoulders and slightly flexed elbow musculature. A combination of tightness in the elbow flexors and weakness in the elbow extensors, in other words, an imbalance in the structure of one's upper arm musculature can occur. For that reason, elbow extensor training is highly critical for grapplers in order to avoid structural imbalances which may lead to potential injuries.

Biceps Brachii (long head, short head)
Brachioradialis

Upper/Mid Back Musculature

Besides the low back and elbow flexors, this muscles group is critical in ground control and upright pulling. These muscles are critical in maintaining shoulder stability and posture. Without proper structural alignment in the shoulders, an athlete may lose range of motion, power, and in some cases dramatically increase potential for injury.

Trapezius (Upper and Mid Fibers)

Rhomboids

Rotator Cuff Musculature

Lattissimus Dorsi

Neck Musculature

Don't think I have ever met a wrestler with a weak neck. From bridging to escaping, the stronger a grapplers neck the better. Sternocleidomastoid (Anterior and Posterior Fibers)

Hip Extensors

Unless you grew up on a farm in Idaho, lifting bales of hay and potato sack since you were born, your low back may be at risk for injury if you try to throw or lift an opponent without using your primary hip extensors: **gluteal musculature and hamstrings (don't forget the adductors are also hip extensors).**

VMO

Vastus Medialis Obliquus. It is quite often that we have wrestlers/fighters come in to APECS with little or no VMO activation or definition. Possibly from all the long distance running and half squats. The VMO is a major stabilizer of the knee, along with the hamstrings (flexor of the knee attachment) on the backside of the leg.

Time to Train

Below are 10 (in no particular order) highly effective exercises for the development of a well rounded, functionally strong and powerful athlete engaging in combat/grappling sports. Besides structural balance weight training (i.e.: rotator cuff work, VMO/hamstring training, etc...) these exercises can make dramatic differences in a combat athlete's ability to transfer their strength from the weight room to the mat.

1. Tire Flipping: Often, after a difficult tire session, athletes will not only experience posterior chain soreness, but also intense forearm flexor soreness for the next couple of days. Think about it, an exercise in which you are working your extensor muscles during the initial lifting phase, and then your anterior pushing musculature to drive the tire forward and down for the next flip, all the while increasing grip/forearm flexor strength. Be sure your technique is correct, as many athletes perform a sumo-style deadlift type movement, when in actuality tire flipping is a forward motion with hands wider than feet and feet below (or somewhat behind) hips. This ensures maximal hip extensor activation with minimal risk of low back or bicep injury. The benefits for grappling sport are obvious, as low back, hip extensors, elbow flexors, shoulders, "core", and grip strength are all engaged during this valuable exercise.

2. Super Yoke: By focusing their time and effort on more efficient means of training, athletes can achieve a greater transfer of training effect. The methods should be upright standing, load bearing, and preferably dynamic. Recently, an excellent study by Dr. Stuart McGill and colleagues, set out to establish trunk musculature activation of Strongman training modalities. Dr. McGill and his team found tremendous supporting evidence toward the usage of upright loaded strongman exercises and transferable activation of the "core" musculature. Peak muscle activation of the rectus abdominis, internal and external obliques was found in all of the events, but was found to be **highest in the walking phase of the Farmer Walk, Super Yoke Walk, and the Suitcase Carry**

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3. Atlas Stones: Think of lifting your opponent for a throw. In most combat sports there is a rotational component to throws, but hip extensor power combined with an iron grip ensures success. Atlas stones are a tremendous tool for strengthening the entire posterior chain as well as elbow flexors, core, and grip strength. The ability to lift this “dead” weight and “pop” one’s hips to elevate the stone onto or over a predetermined weight can have a tremendous transfer to any grappling/combat sport.

4. Deadlifts (or Axle Pulls if you have access to one): Tal about a bang for your buck exercise which you can perform at any gym, with just 2 pieces of equipment: a bar and some plates.

Check out this article strength coach extraordinaire and mentor Charles Poliquin wrote on dead lifting for a more indepth analysis of the importance of this exercise.

5. Olympic Lifts: Hip extensor power is critical to almost any movement in sport. The ability to generate force about the hips can separate the good athletes from the great ones. Watching the Olympics, one can easily underestimate the power a heavyweight Olympic weightlifter possesses due to their incredible bulk and lack of lean muscle development. Did you know that the average heavyweight

Olympic weightlifter can snatch, and vertical jump. All that at a bodyweight of. Think about it. The average vertical jump of an NFL linebacker combine prospect is , at a body weight of ...

6. Farmer Carries: Grip strength/endurance, core strength, lower extremity training, upper back and shoulder strengthening, adaptations to load bearing throughout the hips and lower extremities, etc... All of these can lead to transferable effects on one’s functional strength in competition and on the mat.

7. Rope Pulling or Climbing: Take a 50 foot 2-3” diameter rope and attach 300lbs to the end of it and pull hand over hand (sitting or standing with feet planted on the ground) as fast as you can. Besides the screaming musculature throughout one’s body, the lungs feel as if you have just sprinted a 400 (uphill). From grip to elbow flexors, to low back and legs, this simple but taxing exercise can build mental toughness along with all its functional strengthening benefits.

8. Sled Dragging: This versatile tool allows for forward, backward, and lateral pulling. It can be used as a strengthening, rate of force development, or metabolic conditioning tool. Whether training distance, speed, explosiveness, or strength, the benefits for the combat/grappling athlete can numerous.

9. Keg/Sandbag Loading: Carrying and loading asymmetrical objects has been shown to recruit up to 132% greater rectus abdominis activation than stationary standing exercises (Anderson et al 2007). What is the significance of this for the grappling/combat sports competitor? Perhaps increasing efficiency of one’s training by incorporating this method of training. While walking with an asymmetrical object, not only are you strengthening your lower extremities, upper and lower back, grip, and elbow flexors, but your abdominal musculature is working overtime to maintain spinal pressurization to keep the torso upright. Done for time or in medley fashion, this can be an excellent cardiovascular workout.

10. Prowler Pushes: What grappling/combat sport competitor wouldn’t want to increase their ability to generate greater amounts of force in the anterior horizontal direction. From single leg to double leg takedowns, the ability to explode forward/horizontally and drive your opponent either down into the mat or upward into the air can mean the difference between winning and losing in any combat/grappling sport. Not only can the prowler be used as a training tool for rate of force development and functional strength in the horizontal plane, but it can also be utilized as a gut wrenching metabolic conditioning tool.

If you are a combat/grappling sports competitor looking to gain a serious competitive edge, engaging in functional strength and power training through the use of modified strongman training methodologies may be for you.