



## **BULLETPROOF: Skills and Drills for Wrestlers** By: Jon Trengie

**Warm up Routines** – should be engaging and serve to loosen up their bodies, build athleticism, and develop skills. I highly encourage developing a set of different warm ups that you can use with your team so you can change it up, but they still know what to do.

### ***A. I use these four warm up variations:***

1. The “normal” w/u seems to be what most places I have seen do.

a) Jog, and call out different activities to do for a period of about 30 seconds each (stance inside,

**karaoke outside, penetration steps, hopping on one leg, broad jumps, forward rolls, etc.)**

**2. The “calisthenics” w/u focuses more on maintaining strength and building power endurance.**

**a) Light jog to start the blood flowing, stopping to do a set of 20 push ups, 20 sit ups, and 20 squats. Then break out to max reps on each of the following: push ups, pull ups, and double jumps (record each wrestlers’ results.)**

**3. The “gymnastic” w/u focused on developing body coordination and power.**

**a) Jog, and pick one length of the room to alternate exercises down. Start basic with rolls (forward, backward), the shoulder rolls and diving rolls, and progress to cart wheels, round offs, hand/head springs, and tucks. This can be fun to do as relays too! Create lines, and have them do rolls down, cartwheels back and watch what happens!**

**4. The “wrestling” w/u focuses on starting very light and developing technical instincts and skills.**

**a) I use this warm up a lot for short intense practices, because it gets the kids right into wrestling.**

**b) I like to use the following drills:**

***(1) stance and motion,***

***(2) quick ties,***

***(3) knee taps,***

***(4) shoe laces,***

***(5) cowboy and Brahma bull,***

***(6) clearing wrist ties,***

***(7) clearing collar ties,***

**(8) bottom skills (hip heist, change over, wall stand, belly knee slide, swim move, knee slides),**

**(9) hand fighting on feet,**

**(10) hand fighting on the mat,**

**(11) fake-reshot,**

**(12) shot-reshot,**

**(13) hand fighting – whistle shots,**

**(14) stand to re-drop to re-stand,**

**(15) drags, ducks, slide byes, snaps**

**II. Drills during practice** – I rarely have my guys drill isolated moves, unless they are just learning one small part of the technique. I work to create drills that promote chain wrestling and effective application to match situations. Be creative, the sky is the limit!

***A. Here are some drills I like to run:***

- 1. Shooting fool**
- 2. Hand fight, shot, hard cut, quick second shot, stand and escape, other guy goes**
- 3. Hand fight, club, misdirection, shot, finish to the back or with a turn, belly out, knee slide, stand and escape, other guy goes**
- 4. Wrist ties, shot, sprawl and front head, circle and snap, change direction, circle and snap, change direction and go behind, hard cut, other guy goes**
- 5. Go to offense three times in a row, partner gives a different reaction to the move each time.**
- 6. Grab, move, move, bang, single, finish up high**
- 7. Grab, move, move, fake, bang, single, finish up between knees**
- 8. Hand fighting, single on whistle, partner sprawls, either go backside and beat the whizzer, or come out the back door and finish to a Turk**
- 9. Hand fight, fake, he down blocks and re-shoots, you sprawl, he retreats from the shot, get to the angle, grab his leg, let his head go and run through double**
- 10. Feet to back from hand fighting**
- 11. Clearing collar ties to shot and finish to the back or with a turn, he works up, hits a switch, you stand and escape, other guy goes**
- 12. Grab, move, move, high crotch, he forces a crack down, win the position and put him on his back if possible, he works out, knee slides, and escapes, other guy goes**

**13. Tight waist and chop, knee slide and stand, lift re-drop, land in a ball, and knee slide and stand again, partner drops to your legs, hip heist and sprawl immediately (if you feel like he will hold on, regain good position and let him work up, then start again and anticipate it more this time.)**

**14. Short sit to crab ride, partner rides here, you work out**

**15. Top guy spirals, and throws a leg in, elbow back, swim move, if it doesn't shake him, knee under and put him on his hip and work out from there.**

**\*\*These drills are some that I made up for my high school team, and they are based on needs that my guys have. You can make a list of trouble points your guys have, then combine drills to make them more complex gradually until they are chain drilling in areas they need work. Both guys have to be aware and active at all times for this type of drilling to work. They have to be "good partners."**