Drills, Activities & Games Curriculum

1. Drills and Activities
   a. Gymnastics & Tumbling
      - Forward Rolls
      - Forward Diving Rolls
      - Backward Rolls
      - Backward Rolls with Extension
      - Cart Wheels
      - Head Springs
      - Round Offs
   b. Jumping & Explosion
      - One Leg Hops
      - Knee Explosions to Feet
      - High Knees
      - Backward High Knees
      - A-Skips
      - Butt Kickers
      - Forward Skip
      - Backward Skip
      - Bounding Skip
      - Standing Broad Jump
      - Knee Ups
   c. Agility & Foot Speed Drills
      - Bunny Hops
      - Carioca
      - Sprint
      - Backward Sprint
      - Lateral Glides
   d. Core & Coordination Drills (Lines)
      - Bear crawl
      - Crab walk
      - Knee running (hands off of mat)
      - Sideways plank walk (side winder)
      - Seal crawl
      - Duck Crawl
   e. Skills Based Activities
      - Stance & motion
      - Scramble to stance
      - Mirror drill
      - Limbo level change
      - Jolt drill
      - Stand up returns
      - Back step summersault
      - Cricket & Wicket
- Spin drill
- Crawl under and arch-overs
- Wall walk
- Back Arch
- Wall Flip Over

f. Strength Based Drills (scatter & partner)
- Tip up
- Neck bridges & walk around
- Iron cross
- Front bridge kickovers
- Clock
- Push ups
- Sit ups
- Buddy carry
- Firemans buddy carry
- Flip over
- Bridges - front & back

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

3. Live Wrestling Activities
   a. One on one minimal w/younger ages during practice
   b. Shark Bait
   c. Group of 3
   d. Situation wrestling
e. Circle Par Terre / Referees Position

4. Games
   a. Power Ball
   b. Soccer
   c. Speed Ball
   d. Norske Ball
   e. Quarter Deck
   f. Knee Tag
   g. Sharks & Minnows
   h. Rescue Mission
   i. Relay races
   j. Chicken
   k. Oregon Kings