

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