



USA wrestling

Practice Plans

USA Wrestling's Core Curriculum
Level 1 Folkstyle



Practice Plan

USA Wrestling's Core Curriculum Level 1 Folkstyle

Week 1 Practice A

Date _____

Total Time 55-75 min

ACTIVITY	TIME
Roll Call and Announcements _____ _____ _____	5
Warm Up • Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) • Select 2-3 activities from 1a, 1b, 1c, and 1d each • Form lines for these activities. Make sure the athletes are a safe distance apart. _____ _____	10
Introduction of New Techniques • Stance & motion • Penetration step & level change _____ _____ _____	15-20
Strength and Skill Based Activities • Scramble to stance drill (explain basic stance) • Mirror drill • Cricket and wicket • 2-3 activities from 1f _____ _____ _____	10-15
Mat Games • Power ball _____	10-20
Cool Down Closing Announcements _____ _____	5



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Week 1 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5

Warm Up	10
• Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) • Select 2-3 activities from 1a, 1b, 1c, and 1d each • Form lines for these activities. Make sure the athletes are a safe distance apart.	

Review of Prior Week's Skills	5
Introduction of New Techniques	15-20
• Double leg takedown • Penetration finish • Set-ups / control ties	

Strength and Skill Based Activities	10-15
• Caged up • Cricket and wicket • Flip-over • Select 2 activities from 1d	

Mat Games	10-20
• Sharks and minnows	
Cool Down	5
Closing Announcements	



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Week 2 Practice A

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5

Warm Up	10
• Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) • Select 2-3 activities from 1a, 1b, 1c, and 1d each • Form lines for these activities. Make sure the athletes are a safe distance apart.	

Review of Prior Week's Skills	5
Introduction of New Techniques	15-20
• Single leg penetration and finishes	

Strength and Skill Based Activities	10-15
• Limbo level change • Bear crawl • Select 2-3 activities from 1e and 1f	

Mat Games	10-20
• Caged up or knee tag • One other game from 4	
Cool Down	5
Closing Announcements	



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Week 2 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up - Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) - Select 2-3 activities from 1a, 1b, 1c, and 1d each - Form lines for these activities. Make sure the athletes are a safe distance apart.	10
Review of Prior Week's Skills	5
Introduction of New Techniques - Lines of defense - Down block and go behind	15-20
Live wrestling (optional) - Situation wrestling: 1-5 minutes - techniques covered up to this point - Intervals should be 30 seconds or shorter	0-10
Strength and Skill Based Activities - Spin drill - Seal crawl - Stance and motion drill	10-15
Mat Games - Fox tail - Spinning bear	10-20
Cool Down	5
Closing Announcements	



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Week 3 Practice A

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up - Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) - Select 2-3 activities from 1a, 1b, 1c, and 1d each - Form lines for these activities. Make sure the athletes are a safe distance apart.	10
Review of Prior Week's Skills	5
Introduction of New Techniques - Stuff head - Backstep	15-20
Live wrestling (optional) - Short live session (10 minutes or less) 3-4 person groups 30 second intervals - Standing (neutral) position - Winner stays out or straight rotation	0-10
Strength and Skill Based Activities - Spin drill - Seal crawl - Backstep drill against the wall - Stance and motion (optional)	10-15
Mat Games - Chicken - Relay races - choose races from 4i	10-20
Cool Down	5
Closing Announcements	



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Week 3 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up - Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) - Select 2-3 activities from 1a, 1b, 1c, and 1d each - Form lines for these activities. Make sure the athletes are a safe distance apart.	10
Review of Prior Week's Skills	5
Introduction of New Techniques Snap down & spin	15-20
Live wrestling (optional) - Short live session (10 minutes or less) 3-4 person groups - Shark bait format 30 second periods - Coaches choice - First half of time is techniques learned to this point / second half in neutral position	0-10
Strength and Skill Based Activities - Back arch drill - Clock drill - Wall walk - Crawl under and arch overs	10-15
Mat Games - Sneaky snap - Knee tag	10-20
Cool Down	5
Closing Announcements	



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Week 4 Practice A

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up - Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) - Select 2-3 activities from 1a, 1b, 1c, and 1d each - Form lines for these activities. Make sure the athletes are a safe distance apart.	10
Review of Prior Week's Skills	5
Introduction of New Techniques Backstep offense	15-20
Live wrestling (optional) - Short live session (10 minutes or less) 3-4 person groups - Shark bait format 30 second periods - Coaches choice - First half of time is techniques learned to this point / second half in neutral position	0-10
Strength and Skill Based Activities - Back step drill - Backstep sommersault drill - Flipovers 1 activity from 1b, 1e, or 1f	10-15
Mat Games - Log rolls - Power ball	10-20
Cool Down	5
Closing Announcements	



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Week 4 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up - Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) - Select 2-3 activities from 1a, 1b, 1c, and 1d each - Form lines for these activities. Make sure the athletes are a safe distance apart.	10
Review of Prior Week's Skills	5
Introduction of New Techniques - Backstep defense - Review of takedowns and counter offense	15-20
Live wrestling (optional) - Pick one partner 10 x 30 second periods - First 5 periods wrestlers start in positions covered to this point - Second 5 periods wrestlers start in neutral position 1 or 2 longer periods - starting in neutral	0-10
Strength and Skill Based Activities - Back step drill - Tip up drill	10-15
Mat Games - Toe tackle - Relay races	10-20
Cool Down	5
Closing Announcements	



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Week 5 Practice A

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up - Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) - Select 2-3 activities from 1a, 1b, 1c, and 1d each - Form lines for these activities. Make sure the athletes are a safe distance apart.	10
Review of Prior Week's Skills	5
Introduction of New Techniques Bottom: position, procedure, stand-up	15-20
Live wrestling (optional) - Pick one partner 2 periods of 1 minute and 30 seconds each - Start in referees position (alternate top and bottom)	0-10
Strength and Skill Based Activities - Face off drill - Hip dump drill	10-15
Mat Games Speed ball	10-20
Cool Down	5
Closing Announcements	



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Week 5 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up - Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) - Select 2-3 activities from 1a, 1b, 1c, and 1d each - Form lines for these activities. Make sure the athletes are a safe distance apart.	10
Review of Prior Week's Skills	5
Introduction of New Techniques - Returns to mat (stand-up) - Switch	15-20
Live wrestling (optional) 1 or 2 full matches	0-10
Strength and Skill Based Activities - Hip dump drill - Scramble to stance drill	10-15
Mat Games - Switcheroo - Norske ball	10-20
Cool Down	5
Closing Announcements	



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Week 6 Practice A

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up - Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) - Select 2-3 activities from 1a, 1b, 1c, and 1d each - Form lines for these activities. Make sure the athletes are a safe distance apart.	10
Review of Prior Week's Skills	5
Introduction of New Techniques - Top: position, procedure - Pop and chop - Half	15-20
Live wrestling (optional) - Group of 3 - Straight rotation of 1 minute periods	0-10
Strength and Skill Based Activities - Bull riding drill - Face off drill	10-15
Mat Games Soccer	10-20
Cool down	5
Closing Announcements	



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Week 6 Practice B

Date _____

Total Time 60-90 min

ACTIVITY	TIME
Roll Call and Announcements	5
Warm Up - Jogging in circle 2-3 minutes (skipping, shuffling, rolling shoulders, etc...) - Select 2-3 activities from 1a, 1b, 1c, and 1d each - Form lines for these activities. Make sure the athletes are a safe distance apart.	10
Review of Prior Week's Skills	5
Introduction of New Techniques - Spiral ride / breakdown - Cradle - Ankle rides / breakdowns	15-20
Live wrestling (optional) 1 match 4 man groups with straight rotations: top-bottom-out-out 20 second periods	0-10
Strength and Skill Based Activities - Hip dump drill - Switcher drill - Flopping fish drill	10-15
Mat Games Soccer	10-20
Cool Down	5
Closing Announcements	