

MCA Sample Wrestling Practice Plan

Jeff Thompson

Announcements: 5 minutes

Warm-up: 10 minutes 1. Run around the mat 2. Rolls 3. Stretch 4. Push-ups, Pull-ups, Sit-ups 5. Quick feet drills

Partner EDD's: 10 minutes 1. Stance and Circle Drill 2. Hand-fighting 3. Push-Pull-Snap 4. Underhooks & Head Position 5. Pummeling: 6. Buddy Drill 7. Low Level Drill

Feet Offense: (Set, Shot, Finish) 1 minute one wrestler/ switch

Underhook:

Snap down (Head in the hole)

Snap down: Cross Arm Block

Knee block

Near Side Cradle: (1. Adjust the grip towards the head, 2. Never let go of the grip, 3. Take them over slow and steady, and 4. When in doubt... bridge)

Underhook High C: Double Knee to Finish Low

Underhook/Elbow Tie: Swing Singles

Bring up: Inside/Outside

Finish Low: Rubber Arm/Through legs

Bad Shot Single: Knee Slide Finishes

Outside High C: (Focus on Elevation Change)

- Crackdown drill (3 Finishes)
- Knee Slide

Re-attack High C: Elbow Pass

Stonewall Defense: Sprawl, Stuff, Square, Spin, and Score

Scramble Drills: Abas Roll/ High leg Pass

Bottom

Short Sit: Stand-up, Peterson

Short Sit from being Flattened out: Knee Slide

Shin Heist

Michigan Ride Counters

Leg Ride Counters (Put the time in)

Mule Kick, Tri-Pod, Short Sit, Leg Slip

Tripod Stand-up

Tripod Knee Slide

Tripod Granby

Live wrestling: Pre-Season: Build Base, **Season:** Short & Intense & Live-Situations

Cool Down: Jogging and stretching

Team Break: Announcements, Popsicles & Put-ups