

CALGARY SPARTAN WRESTLING CLUB

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Spartan Wrestling JH Coaching Guide

The purpose of this guide is to help coach Calgary junior high school amateur wrestling programs. The moves and programming have been designed to help build a foundation for athletes to have a safe, injury free season as well as transition to high school and club level of wrestling.

The programming is broken up into 3 templates. There are Technical days, Situational days and Match days.

Technical Days - These are teaching days. The focus these days is not to overload the athletes with excessive amounts of techniques. Ideally the athletes go at a pace where they can comprehend the technique and why they are doing it. We include the defenses for each of these techniques within our videos. Please note that wrestling is not a cookie cutter sport. There are many different body types and athletic abilities so if you or an athlete has an alteration to make the technique successful, please don't hesitate to adjust accordingly. Our goal is to lay a foundation for the majority of athletes to find success with these techniques.

Situational Days - These days are viewed as mindset training. They are hard practices where the athletes will have a great workout and have to put their previous week's knowledge to the test.

Match Days - These days are to simulate quad meets and tournaments. We recommend the athletes to warm up on their own like they would at an event. We want them to prepare for at least one match per day. This is dependent on the team's mat space and quantity of athletes. It is not necessarily a heavy workload day. These days are to prepare the athletes for a match. These can be very fun days for the whole team to get into as they watch on the side waiting for their turn to compete. Try and ref these matches like they would in a tournament if possible.

How do I use this program?

We realize that not every team practices 4 days per week, and that is ok. We have written this program to follow sequentially. If your program only is able to practice twice per week, continue to follow it sequentially. We have programmed your season to have a well balanced technical toolbox to prepare your team for quad meets and tournaments.

You do not have to follow this program exactly to have success, feel free to use it as a starting point which fits your team and coaching style. Each practice is aimed to be 70-80 minutes in duration. You may need to adjust the allotted time for each section of the schedule if you need more time on certain areas. You may also need to adjust the allotted time for your natural coaching flow, which is fine. It is not uncommon to scrap practice plans for the practice immediately following tournaments to address areas that need improvement as a group. The practice structure is just a guideline so make it your own and have a fun season!

What's in this book?

- An Index of the technique we refer to in the programming. We have included information such as how many points can be awarded and how, which category it is referenced to in our programming, safety considerations for each technique and a QR code which has a video to demonstrate the technique for your convenience.
 - Weekly summaries of a 4 day practice plan.
 - Detailed daily practice plans with QR codes that will direct you to video demonstrations for each technique.
 - QR codes to Wrestling based game ideas.
 - QR codes to situation drills.
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Technique that we have omitted from this program and why.

Cow Catcher: The Cow catcher is a good move for this age group, however, it does not transition well to older age groups. We suggest a heavy focus on “Head in the Well”, as it works from elementary to Olympic level wrestling.

Gator Roll: Although it is easy it is very high risk and low reward.

Hip Toss: Although this move has a high probability of success at this age group, Once the athletes get to high school this move is very hard to do properly and is very easy to defend. Ending with the throwing athlete losing in a pin.

Gut Wrench: We have included the gut wrench in this program but have stopped it at a tilt. Rolling through at this competitive level is high risk and low reward. It is ideal to teach the athletes to get their exposure points and return the tilt to a neutral position. If the athletes try to roll through with a loose gut wrench they run the risk of pinning themselves. [This is highly probable due to body types at this age group having long limbs and skinny torsos. If the athletes do not have a tight grip it is easy for the opponent to spin on top and pin the athlete attempting the gut wrench.]

Trips: Lots of kids revert to trying to grab a loose single leg and trying to kick out their opponent's leg. The Junior High classic that we are all familiar with is both athletes having a single leg and trying to bounce in a circle kicking at the other leg. This leads to dangerous falls and poor technique moving to the high school level of competition. If you are looking to teach trips, we would suggest that you focus on tripping from the inside ⇒ out. This will give your athlete a higher probability of success as well as a more controlled take down for the safety of the athletes.

What would I teach if I had a limited amount of time with a Junior High Program
Snap Down (Collar Tie) ⇒ Head in the Well ⇒ Half Nelson/ Near Wrist Armbar
Elbow Control ⇒ Double Leg [90° Cut] ⇒ Hand Turk Pin
Wrist Snap ⇒ Arm Throw ⇒ Head + Arm Pin
Half Nelson / Near Wrist Arm Control ⇒ Chest to Chest Pin

These series are proven to be successful at an Elementary to Olympic level of competition.

If you're interested in what we are doing on the back end to help grow the sport of wrestling, we encourage you to check out our website, following the QR code below to read our Framework for Growth in Calgary wrestling.



Yours in sport,
Cody Fairburn

If you have any questions, do not hesitate to reach out and we will help to the best of our abilities. We also would love to hear from you if you have suggestions for this document so we can help you and your peers better in the future!

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Warm up

This warm up teaches the athletes how to fall properly and get comfortable with being in the air in uncomfortable positions like they could potentially be in wrestling. In our tutorial videos we will go over some modifications for athletes who need to build up to the full movement.

Jogging with shoulder circles

Backwards Jogging (x 2)

Shuffle (upright) (x 2)

Grapevine (x 2)

Shuffle in stance (x 2)

Down Blocks (x 2)

Forward Roll (x 2)

Army Crawl [No legs] (x 2)

Backwards Roll (x 2)

Shoulder Roll (x 2)

Back Extension (x 2)

Penetration Steps (x 3)

Bear Crawl Forward

Bear Crawl Backwards

Cartwheel (x 2)

Roundoff (x 2)

Penetration Step, Sprint 90° (x 2)

Sprawl, Sprint (x 2)

Sprawl, Roll, Sprint (x 2)

Fireman's Carry Run

Piggy Back Run

Partner Bear Crawl Forward

Partner Bear Crawl Backwards

Partner Double leg Run (x 2)

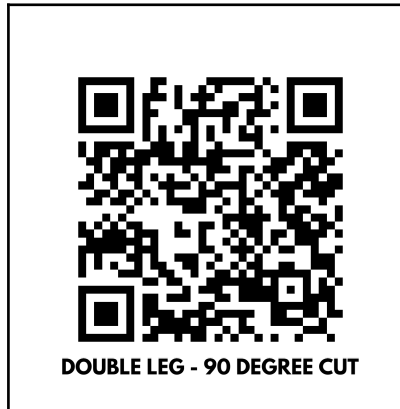
Stretch as needed.



Double Leg ⇒ 90° Cut

Category - Standing Take down

Potential Points - 2 points [Feet to Stomach/Side] or 4 Points [Feet to Back/Exposure past 90°]



Double Leg ⇒ Peach Basket

Category - Standing Take down

Potential Points - 2 points [Feet to Stomach/Side] or 4 Points [Feet to Back/Exposure past 90°]



Double Leg ⇒ Pivot

Category - Standing Take down

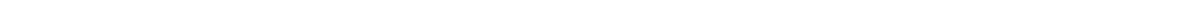
Potential Points - 2 points [Feet to Stomach/Side] or 4 Points [Feet to Back/Exposure past 90°]



Single Leg ⇒ Chest Pressure

Category - Standing Take down

Potential Points - 2 points [Feet to Stomach/Side] or 4 Points [Feet to Back/Exposure past 90°]



Single Leg ⇒ Dante Pressure

Category - Standing Take down

Potential Points - 2 points [Feet to Stomach/Side] or 4 Points [Feet to Back/Exposure past 90°]



High C

Category - Standing Take down

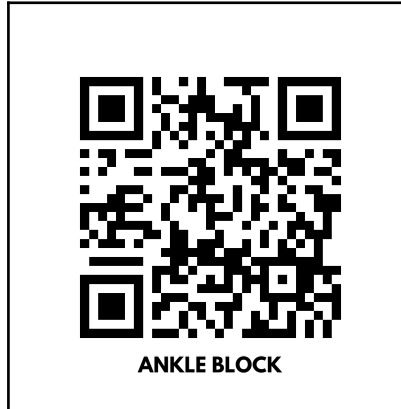
Potential Points - 2 points [Feet to Stomach/Side] or 4 Points [Feet to Back/Exposure past 90°]



Ankle Block

Category - Standing Take down

Potential Points - 2 points [Feet to Stomach/Side] or 4 Points [Feet to Back/Exposure past 90°]



Shoulder Throw

Category - Standing Take down

Potential Points - 4 Points [Feet to Back/Exposure past 90°]



Arm Throw

Category - Standing Take down

Potential Points - 4 Points [Feet to Back/Exposure past 90°]



Head in the Well - Get Behind

Category - Control

Potential Points - 2 Points [Gaining Control]



Half Nelson

Category - Ground Exposure

Potential Points - 2 Points [Exposure past 90°]



Power Half Nelson

Category - Ground Exposure

Potential Points - 2 Points [Exposure past 90°]



Chicken Wing

Category - Ground Exposure

Potential Points - 2 Points [Exposure past 90°]



Near Wrist Arm Bar

Category - Ground Exposure

Potential Points - 2 Points [Exposure past 90°]



Gut Wrench (TILT)

Category - Ground Exposure

Potential Points - 2 Points [Exposure past 90°]



Trapped Arm Gut Wrench

Category - Ground Exposure

Potential Points - 2 Points [Exposure past 90°]



Arm Drag

Category - Set Up

Potential Points - 0 Points



ARM DRAG

Snap Down (Collar Tie)

Category - Set Up

Potential Points - 0 Points

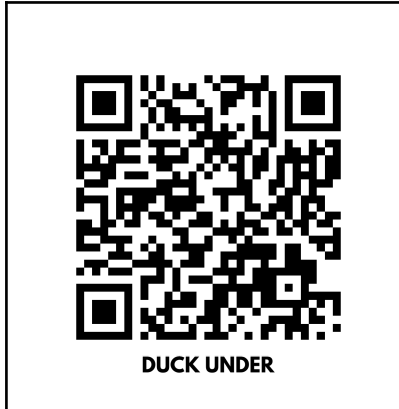


SNAP DOWN (COLLAR TIE)

Duck Under

Category - Set Up

Potential Points - 0 Points



Wrist Snap

Category - Set Up

Potential Points - 0 Points



Inside Control

Category - Set Up

Potential Points - 0 Points



Elbow Control

Category - Set Up

Potential Points - 0 Points



Chest to Chest Pin

Category - Pin

Potential Points - 0 Points [Win the match]



Head and Arm Pin

Category - Pin

Potential Points - 0 Points [Win the match]



Hand Turk Pin

Category - Pin

Potential Points - 0 Points [Win the match]



Leg Turk Pin

Category - Pin

Potential Points - 0 Points [Win the match]







Week 1

Day 1	Stance	Take down	Ground	Set-up
	Inside Control	Double Leg \Rightarrow 90° Cut	Half Nelson	Duck Under
Day 2	Stance	Take down	Ground	Set-up
	Inside Control	Single Leg \Rightarrow Chest Pressure	Chicken Wing	Inside Control
Day 3	Stance	Take down	Ground	Set-up
	Collar tie	High C \Rightarrow Pivot	Half Nelson/Chicken Wing	Elbow Control
Day 4	Situation Day 1			

Week: 1 Day: 1

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Stance	Focus on inside control, forward shuffling, level changes and penetration steps.
7.5	Take Down Offense	Double Leg \Rightarrow 90° Cut
7.5	Take Down Defence	Sprawl \Rightarrow Head in the Well
5	Situation from Standing	Offensive athlete on one knee grabbing two legs. Defensive athlete has one hand on the triceps and one hand on the back of the neck.
7.5	Ground Offense	Half Nelson
7.5	Ground Defence	Peel the hand on the neck and circle head away from the defender.
5	Situation from Ground	Offensive athlete has Half Nelson with no pressure. Defensive athlete has palms on the mat
5	Set Up	Duck Under
5	Game	

Total time = 80





Stance	Set Up	Standing Move	Ground Move
 STANCE	 DUCK UNDER	 DOUBLE LEG - 90 DEGREE CUT	 HALF NELSON

Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 SITUATION - DOUBLE LEG	 SITUATION - HALF NELSON

Week: 1 Day: 2

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Stance	Focus on elbow control, forward shuffling, level changes and penetration steps.
7.5	Take Down Offense	Single Leg ⇒ Chest Pressure
7.5	Take Down Defence	Whizzer ⇒ Sprawl
5	Situation from Standing	Offensive athletes get to lock their hands on a single leg with their inside knee on the ground, the athlete's ear should be on the opponent's school chest logo. Defensive athletes get to have a loose whizzer.
7.5	Ground Offense	Chicken Wing
7.5	Ground Defence	Bottom athlete grabs their own belly button like they are putting on a seat belt. Roll shoulder on Chicken Wing side to the mat
5	Situation from Ground	Top athlete gets a loose chicken wing. Bottom athlete gets to grab their belly button to start defense.
5	Set Up	Inside Control
5	Game	

Total time = 80





Stance	Standing Move	Ground Move	Set Up
			
STANCE	SINGLE LEG - CHEST PRESSURE	CHICKEN WING	INSIDE CONTROL





Warm Up	Game Ideas	Standing Situation	Ground Situation
			
WARM UP	GAME IDEAS	SITUATION - SINGLE LEG - CHEST PRESSURE	SITUATION - CHICKEN WING

Week: 1 Day: 3

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Stance	Focus on collar tie control, forward shuffling, level changes and penetration steps.
7.5	Take Down Offense	High C ⇒ Double Leg ⇒ 90° Cut
7.5	Take Down Defence	Sprawl ⇒ Head in the Well
5	Situation from Standing	Offensive athlete gets to lock hand in the High C position with the inside knee on the ground. Athlete's ear should be in the defensive athlete's armpit (or as high as they can reach). Defensive athlete starts with both hands on the opponent's back. (note: Defensive athletes should have the weight of the leg being attacked on their toes.)
7.5	Ground Offense	Half Nelson/ Chicken Wing
7.5	Ground Defence	Half Nelson: Peel the hand on the neck and circle head away from the defender Chicken Wing: Bottom athlete grabs their own belly button like they are putting on a seat belt. Roll shoulder on Chicken Wing side to the mat
5	Situation from Ground	Offensive athlete has Half Nelson with no pressure. Defensive athlete has palms on the mat
5	Set Up	Elbow Control
5	Game	

Total time = 80

Stance	Standing Move	Ground Move	Set Up
 STANCE	 HIGH C	 HALF NELSON/ CHICKEN WING	 ELBOW CONTROL

Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 SITUATION - HIGH C	 SITUATION - HALF NELSON

Week: 1 Situation Day: 1

Time Allotted	Criteria	Technique
10	Warm-up	
5	Game	
7.5	Situation Standing Move 1 [W 1-0 → 30 Seconds]	Double Leg
7.5	Situation Standing Move 2 [L 5-0 → 30 Seconds]	High C
7.5	Situation Standing Move 3 [L 7-0 → 45 Seconds]	Single Leg ⇒ Chest Pressure
7.5	Situation Ground Move 1 [Tie → 15 Seconds]	Chicken Wing
7.5	Situation Standing Move 2 [L 9-0 → 20 Seconds]	Half Nelson
7.5	Situation Standing Move 3 [L 1-0 → 7 Seconds]	Half Nelson/ Chicken Wing
5	Game	
10	Cool down	

Total time = 75

Standing Situation 1	Standing Situation 2	Standing Situation 3
 <p>SITUATION - DOUBLE LEG</p>	 <p>SITUATION - HIGH C</p>	 <p>SITUATION - SINGLE LEG - CHEST PRESSURE</p>

Ground Situation 1	Ground Situation 2	Ground Situation 3
 <p>SITUATION - CHICKEN WING</p>	 <p>SITUATION - HALF NELSON</p>	 <p>HALF NELSON/ CHICKEN WING</p>

Week 2

Day 1	Take down	Ground	Set-up	Pin
	Double Leg ⇒ Peach Basket (one knee down)	Tilt/ High Gutwrench	Elbow Control	Chest to Chest
Day 2	Take down	Ground	Set-up	Pin
	Arm Throw	Power Half Nelson	Wrist Snap	Head + Arm
Day 3	Situation Day 2			
Day 4	Take down	Ground	Set-up	Pin
	Single Leg ⇒ Dante Pressure	Gut wrench	Snap Down	Leg Turk

Week: 2 Day: 1

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Elbow control
7.5	Take Down Offense	Double Leg ⇒ Peach Basket (one knee down)
7.5	Take Down Defence	Sprawl ⇒ Head in the Well
5	Situation from Standing	Offensive athlete on one knee grabbing two legs. Defensive athlete has one hand on the triceps and one hand on the back of the neck.
7.5	Ground Offense	Tilt/ High Gut Wrench
7.5	Ground Defence	Roll the chest forward and break the grip of the Gut Wrench.
5	Situation from Ground	Gut wrench
5	Getting out of a pin	Chest to Chest
5	Game	

Total time = 80





Set Up	Standing Move	Ground Move	Pin
 ELBOW CONTROL	 DOUBLE LEG - PEACH BASKET	 HIGH GUT WRENCH TILT	 CHEST TO CHEST PIN

Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 SITUATION - DOUBLE LEG	 SITUATION - GUT WRENCH

Week: 2 Day: 2

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Wrist Snap
7.5	Take Down Offense	Arm Throw
7.5	Take Down Defence	Turn the palm of the arm being attacked inwards and up. Circle to face.
5	Situation from Standing	Offensive athlete gets to start in the throw grip.
7.5	Ground Offense	Power Half Nelson
7.5	Ground Defence	Peel the hand on the neck and circle head away from the defender.
5	Situation from Ground	Offensive athlete has a Power Half Nelson with no pressure. Defensive athlete has palms on the mat
5	Getting out of a pin	Head + Arm
5	Game	

Total time = 80

Set Up	Standing Move	Ground Move	Pin
 WRIST SNAP	 ARM THROW	 POWER HALF NELSON	 HEAD AND ARM PIN




Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 ARM THROW	 SITUATION - POWER HALF NELSON

Week: 2 Situation Day: 2

Time Allotted	Criteria	Technique
10	Warm-up	
5	Game	
7.5	Situation Standing Move 1 [W 1-0 → 30 Seconds]	Arm Throw
7.5	Situation Standing Move 2 [L 5-0 → 30 Seconds]	Head + Arm (Par Terre)
7.5	Situation Standing Move 3 [L 7-0 → 45 Seconds]	Single Leg ⇒ Dante Pressure
7.5	Situation Ground Move 1 [Tie → 15 Seconds]	Gut Wrench
7.5	Situation Standing Move 2 [L 9-0 → 20 Seconds]	Chicken Wing
7.5	Situation Standing Move 3 [L 1-0 → 7 Seconds]	Half Nelson
5	Game	
10	Cool down	

Total time = 75





Standing Situation 1	Standing Situation 2	Standing Situation 3
 <p>ARM THROW</p>	 <p>SITUATION - HEAD + ARM (PAR TERRE)</p>	 <p>SITUATION - SINGLE LEG - DANTE PRESSURE</p>



Ground Situation 1	Ground Situation 2	Ground Situation 3
 <p>GUT WRENCH</p>	 <p>SITUATION - CHICKEN WING</p>	 <p>SITUATION - HALF NELSON</p>

Week: 2 Day: 3

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Snap Down (Collar Tie)
7.5	Take Down Offense	Single Leg ⇒ Dante Pressure
7.5	Take Down Defence	Pry the elbows, Sprawl back leg being attacked.
5	Situation from Standing	Offensive athlete has a Single Leg. (Head up with their ear on the school chest logo of the opponent's shirt.) Defensive athlete has hands on the triceps of the opponent.
7.5	Ground Offense	Gut Wrench
7.5	Ground Defence	Keep shoulder high (on the side of top opponent), put face in that same armpit to add extra support. Make a C with your head and knee. Try to keep your knee above the opponent's knee on the attacking side. (Note: Try and slide backward as you curl to relieve tension on your shoulder while breaking the grip of opponent)
5	Situation from Ground	Top athlete gets to grip the torso of the bottom athlete and lock in a gut wrench at 75%. Bottom athlete gets to have a high shoulder and knee higher than the top's.
5	Getting out of a pin	Leg Turk
5	Game	

Total time = 80

Set Up	Standing Move	Ground Move	Pin
 SNAP DOWN (COLLAR TIE)	 SINGLE LEG - DANTE PRESSURE	 GUT WRENCH TILT	 LEG TURK PIN

Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 SITUATION - SINGLE LEG - DANTE PRESSURE	 SITUATION - GUT WRENCH





Week 3

Day 1	Take down	Ground	Set-up	Pin
	Ankle Block	Leg Lace	Duck Under	Hand Turk
Day 2	Take down	Ground	Set-up	Pin
	Head in the Well	Near Wrist Arm Bar	Snap Down	Chest to Chest
Day 3	Match Day 1			
Day 4	Take down	Ground	Set-up	Pin
	Arm Throw	Trapped Arm Gut Wrench	Wrist Snap	Head + Arm

Week: 3 Day: 1

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Duck Under
7.5	Take Down Offense	Ankle Block
7.5	Take Down Defence	Push gripped hands down and away (forward), while sagging hips down and away (forward).
5	Situation from Standing	Offensive athlete gets trapped arm behind with a locked grip and ankle block in place. Defensive athletes get to sag their hips 25% and start with a loose grip on the opponent's grip.
7.5	Ground Offense	Leg Lace
7.5	Ground Defence	Extend the far leg as high as possible so it is out of reach for the top athlete, while peeling the top athlete's hand off of the leg. (Note: The goal is to not get legs crossed).
5	Situation from Ground	Leg Lace Top: Shoulder in bottom athlete's hamstring. Near hand above the near knee. Far hand loosely on far knee. Bottom: Far Leg is extended and far hand on opponent's wrist.
5	Getting out of a pin	Hand Turk
5	Game	

Total time = 80





Set Up	Standing Move	Ground Move	Pin
 DUCK UNDER	 ANKLE BLOCK	 LEG LACE	 HAND TURK PIN




Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 SITUATION - ANKLE BLOCK	 SITUATION - LEG LACE

Week: 3 Day: 2

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Snap Down (Collar Tie)
7.5	Take Down Offense	Head in the Well
7.5	Take Down Defence	Arm Drag
5	Situation from Standing	Top: Start in Head + Arm (Par Terre) position. Hand on tricep and chin. Bottom: Have head up (level with back) and hand on the elbow on the side which the opponent is controlling the chin.
7.5	Ground Offense	Near Wrist Arm Bar
7.5	Ground Defence	Rotate the arm being attacked down towards the belly button (attacking the thumb of the offensive athlete) and swim the arm through like a front stroke back to a neutral position.
5	Situation from Ground	Top gets Near Wrist Armbar 100%
5	Getting out of a pin	Chest to Chest
5	Game	

Total time = 80

Set Up	Standing Move	Ground Move	Pin
			
ARM DRAG	HEAD IN THE WELL	NEAR WRIST ARMBAR	CHEST TO CHEST PIN

Warm Up	Game Ideas	Standing Situation	Ground Situation
			
WARM UP	GAME IDEAS	SITUATION - HEAD + ARM (PAR TERRE)	SITUATION - NEAR WRIST ARMBAR

Week: 3 Match Day: 1





Time Allotted	Criteria	Technique
10	Warm-up	
20	Drilling	
40	Matches (3 groups @ 6 min.)	
10	Cool down	


Total time = 80

Week: 3 Day: 3

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Wrist Snap
7.5	Take Down Offense	Arm Throw
7.5	Take Down Defence	Turn the palm of the arm being attacked inwards and up. Circle to face.
5	Situation from Standing	Offensive athlete gets to start in the throw grip.
7.5	Ground Move Offense	Trapped Arm Gut Wrench
7.5	Ground Move Defence	Keep shoulder high (on the side of top opponent), put face in that same armpit to add extra support. Make a C with your head and knee. Try to keep your knee above the opponent's knee on the attacking side. (Note: Try and slide backward as you curl to relieve tension on your shoulder while breaking the grip of opponent)
5	Situation from Ground	Top athlete gets to grip the torso of the bottom athlete and lock in a trapped arm gut wrench at 75%. Bottom athlete gets to have a high shoulder and knee higher than the top's.
5	Getting out of a pin	Head + Arm
5	Game	

Total time = 80

Set Up	Standing Move	Ground Move	Pin
 WRIST SNAP	 ARM THROW	 TRAPPED ARM GUT WRENCH	 HEAD AND ARM PIN

Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 ARM THROW	 SITUATION - TRAPPED ARM GUT WRENCH



Week 4

Day 1	Take down	Ground	Set-up	Pin
	Double Leg ⇒ Pivot	Near Wrist Armbar/Half Nelson	Elbow Control	Leg Turk
Day 2	Take down	Ground	Set-up	Pin
	Single Leg ⇒ Chest Pressure	Near Wrist Arm Bar/ Chicken Wing	Inside Control	Hand Turk
Day 3	Situation Day 3			
Day 4	Take down	Ground	Set-up	Pin
	Head in the Well	Trapped Arm Gut Wrench	Snap Down	Chest to Chest

Week: 4 Day: 1

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Elbow Control
7.5	Take Down Offense	Double Leg ⇒ Pivot
7.5	Take Down Defence	Sprawl ⇒ Head in the Well
5	Situation from Standing	Offensive athlete on one knee grabbing two legs. Defensive athlete has one hand on the triceps and one hand on the back of the neck.
7.5	Ground Offense	Near Wrist Armbar/ Half Nelson
7.5	Ground Defence	Near Wrist Armbar: Rotate the arm being attacked down towards the belly button (attacking the thumb of the offensive athlete) and swim the arm through like a front stroke back to a neutral position. Half Nelson: Peel the hand on the neck and circle head away from the defender.
5	Situation from Ground	Offensive athlete has Half Nelson with no pressure. Defensive athlete has palms on the mat.
5	Getting out of a pin	Leg Turk
5	Game	

Total time = 80





Set Up	Standing Move	Ground Move	Pin
 ELBOW CONTROL	 DOUBLE LEG - PIVOT	 NEAR WRIST ARMBAR/ HALF NELSON	 LEG TURK PIN

Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 SITUATION - DOUBLE LEG	 NEAR WRIST ARMBAR/ HALF NELSON

Week: 4 Day: 2

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Inside Control
7.5	Take Down Offense	Single Leg ⇒ Chest Pressure
7.5	Take Down Defence	Whizzer ⇒ Sprawl
5	Situation from Standing	Offensive athletes get to lock their hands on a single leg with their inside knee on the ground, the athlete's ear should be on the opponent's school chest logo. Defensive athletes get to have a loose whizzer.
7.5	Ground Offense	Near Wrist Armbar/ Chicken Wing
7.5	Ground Defence	Near Wrist Armbar: Rotate the arm being attacked down towards the belly button (attacking the thumb of the offensive athlete) and swim the arm through like a front stroke back to a neutral position. Chicken Wing: Bottom athlete grabs their own belly button like they are putting on a seat belt. Roll shoulder on Chicken Wing side to the mat
5	Situation from Ground	Chicken Wing
5	Getting out of a pin	Hand Turk
5	Game	

Total time = 80





Set Up	Standing Move	Ground Move	Pin
 INSIDE CONTROL	 SINGLE LEG - CHEST PRESSURE	 NEAR WRIST ARMBAR/ CHICKEN WING	 HAND TURK PIN




Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 SITUATION - SINGLE LEG - CHEST PRESSURE	 NEAR WRIST ARMBAR/ CHICKEN WING

Week: 4 Day: 3

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Snap Down (Collar Tie)
7.5	Take Down Offense	Head in the Well
7.5	Take Down Defence	Arm Drag
5	Situation from Standing	Top: Start in Head + Arm (Par Terre) position. Hand on tricep and chin. Bottom: Have head up (level with back) and hand on the elbow on the side which the opponent is controlling the chin.
7.5	Ground Offense	Trapped Arm Gut Wrench Tilt
7.5	Ground Defence	Keep shoulder high (on the side of top opponent), put face in that same armpit to add extra support. Make a C with your head and knee. Try to keep your knee above the opponent's knee on the attacking side. (Note: Try and slide backward as you curl to relieve tension on your shoulder while breaking the grip of opponent)
5	Situation from Ground	Top athlete gets to grip the torso of the bottom athlete and lock in a <u>trapped arm gut wrench</u> at 75%. Bottom athlete gets to have a high shoulder and knee higher than the top's.
5	Getting out of a pin	Chest to Chest
5	Game	

Total time = 80

Set Up	Standing Move	Ground Move	Pin
 SNAP DOWN (COLLAR TIE)	 HEAD IN THE WELL	 TRAPPED ARM GUT WRENCH	 CHEST TO CHEST PIN

Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 SITUATION - HEAD + ARM (PAR TERRE)	 SITUATION - TRAPPED ARM GUT WRENCH

Week: 4 Situation Day: 3

Time Allotted	Criteria	Technique
10	Warm-up	
5	Game	
7.5	Situation Standing Move 1 [W 1-0 → 30 Seconds]	Ankle Block
7.5	Situation Standing Move 2 [L 5-0 → 30 Seconds]	Shoulder Throw
7.5	Situation Standing Move 3 [L 7-0 → 45 Seconds]	Double Leg
7.5	Situation Ground Move 1 [Tie → 15 Seconds]	Leg Lace
7.5	Situation Standing Move 2 [L 9-0 → 20 Seconds]	Gut Wrench
7.5	Situation Standing Move 3 [L 1-0 → 7 Seconds]	Chicken Wing
5	Game	
10	Cool down	

Total time = 75

Standing Situation 1	Standing Situation 2	Standing Situation 3
 <p>SITUATION - ANKLE BLOCK</p>	 <p>SHOULDER THROW</p>	 <p>SITUATION - DOUBLE LEG</p>

Ground Situation 1	Ground Situation 2	Ground Situation 3
 <p>SITUATION - LEG LACE</p>	 <p>GUT WRENCH TILT</p>	 <p>SITUATION - CHICKEN WING</p>





Week 5

Day 1	Take down	Ground	Set-up	Pin
	Ankle Block	Power Half Nelson	Duck Under	Head + Arm
Day 2	Take down	Ground	Set-up	Pin
	Head in the Well	Leg Lace	Snap Down	Leg Turk
Day 3	Take down	Ground	Set-up	Pin
	High C	Near Wrist Arm Bar	Elbow Control	Hand Turk
Day 4	Situation Day 4			

Week: 5 Day: 1

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Duck Under
7.5	Take Down Offense	Ankle Block
7.5	Take Down Defence	Push gripped hands down and away (forward), while sagging hips down and away (forward).
5	Situation from Standing	Offensive athlete gets trapped arm behind with a locked grip and ankle block in place. Defensive athletes get to sag their hips 25% and start with a loose grip on the opponent's grip.
7.5	Ground Offense	Power Half Nelson
7.5	Ground Defence	Peel the hand on the neck and circle head away from the defender.
5	Situation from Ground	Offensive athlete has a Power Half Nelson with no pressure. Defensive athlete has palms on the mat.
5	Getting out of a pin	Head + Arm
5	Game	

Total time = 80

Set Up	Standing Move	Ground Move	Pin
 DUCK UNDER	 ANKLE BLOCK	 POWER HALF NELSON	 HEAD AND ARM PIN

Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 SITUATION - ANKLE BLOCK	 SITUATION - POWER HALF NELSON

Week: 5 Day: 2

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Snap Down (Collar Tie)
7.5	Take Down Offense	Head in the Well
7.5	Take Down Defence	Arm Drag
5	Situation from Standing	Top: Start in Head + Arm (Par Terre) position. Hand on tricep and chin. Bottom: Have head up (level with back) and hand on the elbow on the side which the opponent is controlling the chin.
7.5	Ground Offense	Leg Lace
7.5	Ground Defence	Extend the far leg as high as possible so it is out of reach for the top athlete, while peeling the top athlete's hand off of the leg. (Note: The goal is to not get legs crossed).
5	Situation from Ground	Top: Shoulder in bottom athlete's hamstring. Near hand above the near knee. Far hand loosely on far knee. Bottom: Far Leg is extended and far hand on opponent's wrist.
5	Getting out of a pin	Leg Turk
5	Game	

Total time = 80





Set Up	Standing Move	Ground Move	Pin
 SNAP DOWN (COLLAR TIE)	 HEAD IN THE WELL	 LEG LACE	 LEG TURK PIN

Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 SITUATION - HEAD + ARM (PAR TERRE)	 SITUATION - LEG LACE

Week: 5 Day: 3

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Elbow Control
7.5	Take Down Offense	High C ⇒ Double Leg ⇒ Pivot
7.5	Take Down Defence	Sprawl ⇒ Head in the Well
5	Situation from Standing	Offensive athlete gets to lock hand in the High C position with the inside knee on the ground. Athlete's ear should be in the defensive athlete's armpit (or as high as they can reach). Defensive athlete starts with both hands on the opponent's back. (note: Defensive athletes should have the weight of the leg being attacked on their toes.)
7.5	Ground Offense	Near Wrist Armbar
7.5	Ground Defence	Rotate the arm being attacked down towards the belly button (attacking the thumb of the offensive athlete) and swim the arm through like a front stroke back to a neutral position.
5	Situation from Ground	Top gets Near Wrist Armbar 100%.
5	Getting out of a pin	Hand Turk
5	Game	

Total time = 80

Set Up	Standing Move	Ground Move	Pin
 ELBOW CONTROL	 HIGH C	 NEAR WRIST ARMBAR	 HAND TURK PIN

Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 SITUATION - HIGH C	 SITUATION - NEAR WRIST ARMBAR

Week: 5 Situation Day: 4

Time Allotted	Criteria	Technique
10	Warm-up	
5	Game	
7.5	Situation Standing Move 1 [W 1-0 → 30 Seconds]	High C
7.5	Situation Standing Move 2 [L 5-0 → 30 Seconds]	Single Leg ⇒ Chest Pressure
7.5	Situation Standing Move 3 [L 7-0 → 45 Seconds]	Head + Arm (Par Terre)
7.5	Situation Ground Move 1 [Tie → 15 Seconds]	Half Nelson
7.5	Situation Standing Move 2 [L 9-0 → 20 Seconds]	Leg Lace
7.5	Situation Standing Move 3 [L 1-0 → 7 Seconds]	Gut Wrench
5	Game	
10	Cool down	

Total time = 75

Standing Situation 1	Standing Situation 2	Standing Situation 3
 <p>SITUATION - HIGH C</p>	 <p>SITUATION - SINGLE LEG - CHEST PRESSURE</p>	 <p>SITUATION - HEAD + ARM (PAR TERRE)</p>

Ground Situation 1	Ground Situation 2	Ground Situation 3
 <p>SITUATION - HALF NELSON</p>	 <p>SITUATION - LEG LACE</p>	 <p>SITUATION - GUT WRENCH</p>

Week 6

Day 1	Take down	Ground	Set-up	Pin
	Head in the Well	Half Nelson/ Near Wrist Arm Bar	Snap Down	Chest to Chest
Day 2	Take down	Ground	Set-up	Pin
	Single Leg ⇒ Dante Pressure	Half Nelson/Chicken Wing	Inside Control	Head + Arm
Day 3	Match Day 2			
Day 4	Take down	Ground	Set-up	Pin
	Shoulder Throw	Trapped Arm Gut Wrench	Wrist Snap	Leg Turk

Week: 6 Day: 1

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Snap Down (Collar Tie)
7.5	Take Down Offense	Head in the Well
7.5	Take Down Defence	Arm Drag
5	Situation from Standing	Top: Start in Head + Arm (Par Terre) position. Hand on tricep and chin. Bottom: Have head up (level with back) and hand on the elbow on the side which the opponent is controlling the chin.
7.5	Ground Move Offense	Half Nelson/ Near Wrist Armbar
7.5	Ground Move Defence	Half Nelson: Peel the hand on the neck and circle head away from the defender. Near Wrist Armbar: Rotate the arm being attacked down towards the belly button (attacking the thumb of the offensive athlete) and swim the arm through like a front stroke back to a neutral position.
5	Situation from Ground	Offensive athlete has Half Nelson with no pressure. Defensive athlete has palms on the mat.
5	Getting out of a pin	Chest to Chest
5	Game	

Total time = 80


Set Up	Standing Move	Ground Move	Pin
 SNAP DOWN (COLLAR TIE)	 HEAD IN THE WELL	 NEAR WRIST ARMBAR / HALF NELSON	 CHEST TO CHEST PIN



Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 SITUATION - HEAD + ARM (PAR TERRE)	 NEAR WRIST ARMBAR / HALF NELSON

Week: 6 Day: 2

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Inside Control
7.5	Take Down Offense	Single Leg ⇒ Dante Pressure
7.5	Take Down Defence	Pry the elbows, Sprawl back leg being attacked.
5	Situation from Standing	Offensive athlete has a Single Leg. (Head up with their ear on the school chest logo of the opponent's shirt.) Defensive athlete has hands on the triceps of the opponent.
7.5	Ground Offense	Half Nelson/ Chicken Wing
7.5	Ground Defence	Half Nelson: Peel the hand on the neck and circle head away from the defender. Chicken Wing: Bottom athlete grabs their own belly button like they are putting on a seat belt. Roll shoulder on Chicken Wing side to the mat.
5	Situation from Ground	Offensive athlete has Half Nelson with no pressure. Defensive athlete has palms on the mat.
5	Getting out of a pin	Head + Arm
5	Game	

Total time = 80

Set Up	Standing Move	Ground Move	Pin
 <p>INSIDE CONTROL</p>	 <p>SINGLE LEG - DANTE PRESSURE</p>	 <p>HALF NELSON/ CHICKEN WING</p>	 <p>HEAD AND ARM PIN</p>

Warm Up	Game Ideas	Standing Situation	Ground Situation
 <p>WARM UP</p>	 <p>GAME IDEAS</p>	 <p>SITUATION - SINGLE LEG - DANTE PRESSURE</p>	 <p>HALF NELSON/ CHICKEN WING</p>

Week: 6 Match Day: 2





Time Allotted	Criteria	Technique
10	Warm-up	
20	Drilling	
40	Matches (3 groups @ 6 min.)	
10	Cool down	





Total time = 80

Week: 6 Day: 3

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Wrist Snap
7.5	Take Down Offense	Shoulder Throw
7.5	Take Down Defence	Turn the palm of the arm being attacked inwards and up. Circle to face.
5	Situation from Standing	Offensive athlete gets to start in the throw grip.
7.5	Ground Offense	Trapped Arm Gut Wrench Tilt
7.5	Ground Defence	Keep shoulder high (on the side of top opponent), put face in that same armpit to add extra support. Make a C with your head and knee. Try to keep your knee above the opponent's knee on the attacking side. (Note: Try and slide backward as you curl to relieve tension on your shoulder while breaking the grip of opponent)
5	Situation from Ground	Top athlete gets to grip the torso of the bottom athlete and lock in a trapped arm gut wrench at 75%. Bottom athlete gets to have a high shoulder and knee higher than the top's.
5	Getting out of a pin	Leg Turk
5	Game	

Total time = 80

Set Up	Standing Move	Ground Move	Pin
 WRIST SNAP	 SHOULDER THROW	 TRAPPED ARM GUT WRENCH	 LEG TURK PIN

Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 SHOULDER THROW	 SITUATION - TRAPPED ARM GUT WRENCH





Week 7

Day 1	Take down	Ground	Set-up	Pin
	Double Leg ⇒ Peach Basket	Leg Lace	Elbow Control	Hand Turk
Day 2	Take down	Ground	Set-up	Pin
	Head in the Well	Power Half Nelson	Snap Down	Chest to Chest
Day 3	Situation Day 5			
Day 4	Take down	Ground	Set-up	Pin
	Single Leg ⇒ Chest Pressure	Half Nelson/Near Wrist Arm Bar	Inside Control	Head + Arm

Week: 7 Day: 1

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Elbow Control
7.5	Take Down Offense	Double Leg ⇒ Peach Basket
7.5	Take Down Defence	Sprawl ⇒ Head in the Well
5	Situation from Standing	Offensive athlete on one knee grabbing two legs. Defensive athlete has one hand on the triceps and one hand on the back of the neck.
7.5	Ground Offense	Leg Lace
7.5	Ground Defence	Extend the far leg as high as possible so it is out of reach for the top athlete, while peeling the top athlete's hand off of the leg. (Note: The goal is to not get legs crossed).
5	Situation from Ground	Top: Shoulder in bottom athlete's hamstring. Near hand above the near knee. Far hand loosely on far knee. Bottom: Far Leg is extended and far hand on opponent's wrist.
5	Getting out of a pin	Hand turk
5	Game	

Total time = 80





Set Up	Standing Move	Ground Move	Pin
 ELBOW CONTROL	 DOUBLE LEG - PEACH BASKET	 LEG LACE	 HAND TURK PIN

Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 SITUATION - DOUBLE LEG	 SITUATION - LEG LACE

Week: 7 Day: 2

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Snap Down (Collar Tie)
7.5	Take Down Offense	Head in the Well
7.5	Take Down Defence	Arm Drag
5	Situation from Standing	Top: Start in Head + Arm (Par Terre) position. Hand on tricep and chin. Bottom: Have head up (level with back) and hand on the elbow on the side which the opponent is controlling the chin.
7.5	Ground Offense	Power Half Nelson
7.5	Ground Defence	Peel the hand on the neck and circle head away from the defender.
5	Situation from Ground	Offensive athlete has a Power Half Nelson with no pressure. Defensive athlete has palms on the mat.
5	Getting out of a pin	Chest to Chest
5	Game	

Total time = 80

Set Up	Standing Move	Ground Move	Pin
 SNAP DOWN (COLLAR TIE)	 HEAD IN THE WELL	 POWER HALF NELSON	 CHEST TO CHEST PIN

Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 SITUATION - HEAD + ARM (PAR TERRE)	 SITUATION - POWER HALF NELSON

Week: 7 Situation Day: 5

Time Allotted	Criteria	Technique
10	Warm-up	
5	Game	
7.5	Situation Standing Move 1 [W 1-0 → 30 Seconds]	Single Leg ⇒ Dante Pressure
7.5	Situation Standing Move 2 [L 5-0 → 30 Seconds]	High C
7.5	Situation Standing Move 3 [L 7-0 → 45 Seconds]	Head + Arm (Par Terre)
7.5	Situation Ground Move 1 [Tie → 15 Seconds]	Half Nelson
7.5	Situation Standing Move 2 [L 9-0 → 20 Seconds]	Leg Lace
7.5	Situation Standing Move 3 [L 1-0 → 7 Seconds]	Gut Wrench
5	Game	
10	Cool down	

Total time = 75





Standing Situation 1	Standing Situation 2	Standing Situation 3
 <p>SITUATION - SINGLE LEG - DANTE PRESSURE</p>	 <p>SITUATION - HIGH C</p>	 <p>SITUATION - HEAD + ARM (PAR TERRE)</p>




Ground Situation 1	Ground Situation 2	Ground Situation 3
 <p>SITUATION - HALF NELSON</p>	 <p>SITUATION - LEG LACE</p>	 <p>SITUATION - GUT WRENCH</p>

Week: 7 Day: 3

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Inside Control
7.5	Take Down Offense	Single Leg ⇒ Chest Pressure
7.5	Take Down Defence	Whizzer ⇒ Sprawl
5	Situation from Standing	Offensive athletes get to lock their hands on a single leg with their inside knee on the ground, the athlete's ear should be on the opponent's school chest logo. Defensive athletes get to have a loose whizzer.
7.5	Ground Offense	Half Nelson/ Near Wrist Armbar
7.5	Ground Defence	Half Nelson: Peel the hand on the neck and circle head away from the defender. Near Wrist Armbar: Rotate the arm being attacked down towards the belly button (attacking the thumb of the offensive athlete) and swim the arm through like a front stroke back to a neutral position.
5	Situation from Ground	Offensive athlete has Half Nelson with no pressure. Defensive athlete has palms on the mat.
5	Getting out of a pin	Head + Arm
5	Game	

Total time = 80

Set Up	Standing Move	Ground Move	Pin
 INSIDE CONTROL	 SINGLE LEG - CHEST PRESSURE	 NEAR WRIST ARMBAR/ HALF NELSON	 HEAD AND ARM PIN

Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 SITUATION - SINGLE LEG - CHEST PRESSURE	 NEAR WRIST ARMBAR/ HALF NELSON





Week 8




Day 1	Take down	Ground	Set-up	Pin
	Head in the Well	Trapped Arm Gut Wrench	Inside Control	Leg Turk
Day 2	Take down	Ground	Set-up	Pin
	Ankle Block	Half Nelson/ Near Wrist Arm Bar	Duck Under	Hand Turk
Day 3	Match Day 3			
Day 4	Take down	Ground	Set-up	Pin
	Double Leg ⇒ Cut	Half Nelson/ Chicken Wing	Inside Control	Chest to Chest

Week: 8 Day: 1

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Inside Control
7.5	Take Down Offense	Head in the Well
7.5	Take Down Defence	Arm Drag
5	Situation from Standing	Top: Start in Head + Arm (Par Terre) position. Hand on tricep and chin. Bottom: Have head up (level with back) and hand on the elbow on the side which the opponent is controlling the chin.
7.5	Ground Offense	Trapped Arm Gut Wrench Tilt
7.5	Ground Defence	Keep shoulder high (on the side of top opponent), put face in that same armpit to add extra support. Make a C with your head and knee. Try to keep your knee above the opponent's knee on the attacking side. (Note: Try and slide backward as you curl to relieve tension on your shoulder while breaking the grip of opponent)
5	Situation from Ground	Top athlete gets to grip the torso of the bottom athlete and lock in a <u>trapped arm gut wrench</u> at 75%. Bottom athlete gets to have a high shoulder and knee higher than the top's.
5	Getting out of a pin	Leg Turk
5	Game	

Total time = 80









Set Up	Standing Move	Ground Move	Pin
			
INSIDE CONTROL	HEAD IN THE WELL	TRAPPED ARM GUT WRENCH	LEG TURK PIN

Warm Up	Game Ideas	Standing Situation	Ground Situation
			
WARM UP	GAME IDEAS	SITUATION - HEAD + ARM (PAR TERRE)	SITUATION - TRAPPED ARM GUT WRENCH

Week: 8 Day: 2

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Duck Under
7.5	Take Down Offense	Ankle Block
7.5	Take Down Defence	Push gripped hands down and away (forward), while sagging hips down and away (forward).
5	Situation from Standing	Offensive athlete gets trapped arm behind with a locked grip and ankle block in place. Defensive athletes get to sag their hips 25% and start with a loose grip on the opponent's grip.
7.5	Ground Offense	Half Nelson/ Near Wrist Armbar
7.5	Ground Defence	Half Nelson: Peel the hand on the neck and circle head away from the defender. Near Wrist Armbar: Rotate the arm being attacked down towards the belly button (attacking the thumb of the offensive athlete) and swim the arm through like a front stroke back to a neutral position.
5	Situation from Ground	Offensive athlete has Half Nelson with no pressure. Defensive athlete has palms on the mat.
5	Getting out of a pin	Hand Turk
5	Game	

Total time = 80

Set Up	Standing Move	Ground Move	Pin
 DUCK UNDER	 ANKLE BLOCK	 NEAR WRIST ARMBAR / HALF NELSON	 HAND TURK PIN
Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 SITUATION - ANKLE BLOCK	 NEAR WRIST ARMBAR / HALF NELSON

Week: 8 Match Day: 3





Time Allotted	Criteria	Technique
10	Warm-up	
20	Drilling	
40	Matches (3 groups @ 6 min.)	
10	Cool down	

Total time = 80

Week: 8 Day: 3

Time Allotted (Min.)	Criteria	Technique
10	Warm-up	
10	Game	
7.5	Set Up	Inside Control
7.5	Take Down Offense	Double Leg \Rightarrow 90° Cut
7.5	Take Down Defence	Sprawl \Rightarrow Head in the Well
5	Situation from Standing	Offensive athlete on one knee grabbing two legs. Defensive athlete has one hand on the triceps and one hand on the back of the neck.
7.5	Ground Offense	Half Nelson/ Chicken Wing
7.5	Ground Defence	Half Nelson: Peel the hand on the neck and circle head away from the defender. Chicken Wing: Bottom athlete grabs their own belly button like they are putting on a seat belt. Roll shoulder on Chicken Wing side to the mat.
5	Situation from Ground	Offensive athlete has Half Nelson with no pressure. Defensive athlete has palms on the mat.
5	Getting out of a pin	Chest to Chest
5	Game	

Total time = 80

Set Up	Standing Move	Ground Move	Pin
 INSIDE CONTROL	 DOUBLE LEG - 90 DEGREE CUT	 HALF NELSON/ CHICKEN WING	 CHEST TO CHEST PIN

Warm Up	Game Ideas	Standing Situation	Ground Situation
 WARM UP	 GAME IDEAS	 SITUATION - DOUBLE LEG	 HALF NELSON/ CHICKEN WING