

Cycle 1

Base Practice Template (Day 1)

Time Allotted	Criteria	Technique
10	Warm-up	
15	Drilling	
7.5	Standing move Offence	Double leg from underhook
7.5	Standing move Defense	Sprawl
5	Situation Drill from Standing move	A
7.5	Ground move Offence	Half Nelson
7.5	Ground move Defense	Wipe the hand, Turn away
5	Situation Drill from Ground move	B
5	Getting out of a Pin	Chest to Chest
5	Circuit/Overload (Day 1)	
5	Cool down	

Total time = 80

Base Practice Template (Day 2)

Time Allotted	Criteria	Technique
10	Warm-up	
15	Drilling	
7.5	Standing move Offence	High C (Inside control)
7.5	Standing move Defense	Block the Elbow
5	Situation Drill from Standing move	C
7.5	Ground move Offence	Near wrist arm bar
7.5	Ground move Defense	Wave/ Twist the wrist out
5	Situation Drill from Ground move	D
5	Getting out of a Pin	Head and arm
5	Mobility (Day 2)	
5	Cool down	

Total time = 80

Base Practice Template (Day 3)

Time Allotted	Criteria	Technique
10	Warm-up	
15	Drilling	
7.5	Standing move Offence	Shoulder Throw (Collar tie)
7.5	Standing move Defense	Palm up and circle
5	Situation Drill from Standing move	E
7.5	Neutral Position Offence	Snap down, Head and arm - Head in the well
7.5	Neutral Position Defence	Circle/Pivot away
5	Situation Drill from Neutral Position	F
5	Getting out of a Pin	Leg Turk
5	Circuit/Overload	
5	Cool down	

Total time = 80

Water Drill Day (Day 4)

Time Allotted	Criteria	Technique
10	Warm-up	
15	Drilling	
5	Set Ups	Duck Under
5	Water Drill Move A	Double Leg
5	Water Drill Move B	Half Nelson
5	Water Drill Move C	High C
5	Water Drill Move D	Near Wrist arm bar
5	Water Drill Move E	Shoulder Throw
5	Water Drill Move F	Head in the well (Snap down)
5	Mobility	
7.5	Cool down	

Total time = 75

Match Day (Day 5)

Time Allotted	Criteria	Technique
10	Warm-up	
10	Drilling	
5	Set Ups	Heavy Hands
24	Live Situations (A-F 4 min/each)	
20	Matches (3 groups @ 6 min.)	
7	Cool down	

Total time = 76

If not wrestling their match, athletes will ref or do mobility

Situation Legend:

- A. W 1-0 → 30 Seconds
- B. L 5-0 → 30 Seconds
- C. L 7-0 → 45 Seconds
- D. Tie → 15 Seconds
- E. L 9-0 → 20 Seconds
- F. L 1-0 → 7 Seconds
- G. L 2-0 → 20 Seconds

Open Mat Day (Day 6)

Time Allotted	Criteria	Technique
10	Warm-up	
15	Game	
10	Drilling	
5	Set Ups	Arm Drag
20	Open Mat	
5	Circuit/Overload	
5	Cool down	

Total time = 75