| BLUE | Exercise | *Checkpoints* |
| --- | --- | --- |
| Strengths | [**Burpees**](https://www.youtube.com/watch?v=JZQA08SlJnM) | *-drop down to a squat position, leaning forward to place hands on the ground*  *-kick feet back, while keeping arms extended (push-up plank position)*  *-perform one push-up*  *-immediately jump feet back up returning to deep squat position*  *-perform one jump squat*  *-repeat squat-pushup-squat jump in succession* |
|  | [**Wall Sits**](https://www.youtube.com/watch?v=-cdph8hv0O0) | *-begin with back against the wall, feet shoulder width apart and approximately 2 feet from the wall*  *-slowly slide your body down the wall until thighs are parallel with the ground*  *-adjust feet in needed so that knees are directly above ankles (knees should never be over tor past the toes)*  *-upper and lower leg should form a 90 degree angle with thighs being flat*  *-hold position with arms or elbows off of the wall* |
|  | [**Inch Worms**](https://www.youtube.com/watch?v=smk4q3Y5R2w) | *-stand with feet close together., keeping legs straight,*  *-stretch down and put hands on the floor directly in front of you (this will be your starting position)*  *-begin by walking hands forward slowly, alternating left and right, bend only at the hip, keeping legs straight*  *-continue walking hands forward until body is parallel to the ground in a push-up plank position*  *-keeping hands in place, slowly take short steps with your feet (moving only inches at a time while trying to keep legs and arms straight)*  *-continue until feet are back up by hands (back to starting position)*  *-repeat movements in a forward direction* |
| Skills | [**Seal Crawl**](http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2015/02/06/SealCrawlmp4?channel=Q1Mzg3czpps26uY5vp46A7I3B0wr4png) | *-begin in proper push-up plank position*  *-turn feet so top of feet are facing the mat, weight still distributed on toes of top of feet*  *-begin walking hands forward in short (6-8 inches) steps while maintaining proper body alignment*  *-do not lower legs or shift weight with unbalanced hips* |
|  | [**Cartwheels**](http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2014/05/22/Cartwheels?channel=lub24wbjrhaBexob5gIp3v_Udl_zcpBP) | [***http://www.wikihow.com/Do-a-Cartwheel***](http://www.wikihow.com/Do-a-Cartwheel) |
|  | [Crab Walk](http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2015/02/06/CrabWalkmp4?channel=Q1Mzg3czpps26uY5vp46A7I3B0wr4png) | *-from sitting position on the ground*  *-riase hips into the air so that only feet and hands are touching the ground*  *-move hands and feet in unison to walk* |
|  | [Backwards Roll](http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2014/05/22/Backward-Rolls?channel=lub24wbjrhaBexob5gIp3v_Udl_zcpBP) | *-from squat position, place hands up up by ears with palms facing the ceiling, fingers pointing backwards*  *-slowly let heels drop to the floor, curl your back and body, chin tucked into chest*  *-use force to roll backwards*  *-extend arms once hand position (near ears) touches the floor, extend arms to best of ability* |
| Tech-  niques | **Lifting**  **-**[**behind**](http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2014/05/22/Hip-Dump?channel=ZjMW4wbjoa4gqAYznD3Po6p8jYwsryAH) **(lift and return)** | *From behind opponent with hands locked.*  *-begin standing behind opponent with hands firmly locked around the waist*  *-pick a side - take slight outside step to chosen side while adjusting body slightly to create a small angle (keep bodies tight!)*  *-in conjunction with side step, adjust waist lock as needed (to be firm and tight around opponents hips) while changing levels slightly to lower hips (lifter) underneath opponents*  *-explode hips up to lift opponent off of the ground (keeping body tight to opponent - DO NOT lean back with upper body)*  *-use lifting momentum to slightly swing opponent’s legs to opposite side (from side step) to clear space for landing*  *-return opponent to the mat safely*  *-follow opponent’s body to the mat landing in top control* |
|  | [**Spiral Ride**](http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2014/05/22/Spiral-Ride?channel=ZjMW4wbjoa4gqAYznD3Po6p8jYwsryAH) **(breakdown and wrist control)** | *-on whistle , release grip from elbow and reach up underneath opponents near armpit to grab opponent’s opposite side collar bone (Neck Pinch)*  *-simultaneously release waist hand and slide down opponent’s same side inner thigh with arm extended and palm turned in to touch leg*  *-pressure forward into opponent with chest remaining tight to opponent’s upper back*  *-with hips still parallel and bodies tight, begin taking steps by walking feet in a circular direction opposite of thigh hand side*  *-force opponent to belly or hip from angled pressure*  *-as opponent breaks down to side or stomach, release neck pinch arm to achieve near side wrist control from opponent posting to resist or landing on near side elbow* |
|  | [Stand-Up](http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2014/05/22/Stand-Up?channel=ZjMW4wbjoa4gqAYznD3Po6p8jYwsryAH) | *-bottom wrestler explodes up with either inside or outside leg (similar to lunge position)*  *-bottom wrestler quickly stands up with posted, lead leg*  *-wrestler maintains an upright body position, pressuring back into the top wrestler - head and shoulder remain up/back*  *-simultaneous with standing motion, bottom wrestler achieves hand control -wrestler covers belly button hand while blocking off elbow hand by bringing upper arm tight into their body, using the windshield wiper motion to block opponents arm from gaining control*  *-bottom wrestler immediately rotates out of top wrestler’s control using back step technique. If hands locked, bottom wrestler pressures down on opponents lock to break the grip and rotate out using back step* |
|  | [**Double Leg Finish - tackle/lift**](http://www.teamusa.org/USA-Wrestling/Coaches-Core-Curriculum/2014/05/22/Double-Leg?channel=ZjMW4wbjoa4gqAYznD3Po6p8jYwsryAH) | *-from penetration step into proper double leg position*  *-swing trail leg up*  *-immediately plant and drive off of trail leg while also bringing penetration step foot to mat while driving into opponent*  *-maintain good (low) position with head and center of gravity (hips)*  *-all at once while driving off/up with both feet, run through opponent with short, choppy steps to drive opponent over (at approximately a 45 degree angle)*  *—as opponent begins to fall towards mat, lift leg with the near arm while pulling opposite leg with the far arm to create an angle to fall perpendicular to opponent - finish in “T” position (never finish parallel on top of opponent)* |