

| RTC Curriculum | Est 5 min         | Est 5 min | Freestyle Est 20-30 min  | Greco Est 20-30 min     | Womens Freestyle 20-30 min | Est 20-30 min | Est 10 min | Est 10 min   |
|----------------|-------------------|-----------|--------------------------|-------------------------|----------------------------|---------------|------------|--------------|
| Week #1 March  | Stretch           | Warm-up   | <b><u>Technique</u></b>  | <b><u>Technique</u></b> | <b><u>Technique</u></b>    | Drill         | Live       | Review/Q & A |
| 2-5th          |                   |           | Motion, angles & levels  | Pummeling systems       | Defense fundamentals       | 2-3 tech      |            |              |
|                |                   |           | Clearing ties to offense | Position head & posture | Clearing ties to offense   |               |            |              |
|                |                   |           | Re-attacks & counters    | Hand fighting to ties   | Re-attacks & counters      |               |            |              |
|                |                   |           | Defensize fundamentals   | Short offense           | Motion & angles            |               |            |              |
| Week #2 March  | Warm up / Stretch |           | <b><u>Technique</u></b>  | <b><u>Technique</u></b> | <b><u>Technique</u></b>    |               |            |              |
| 9-12th         |                   |           | Motion, angles & levels  | Pummeling systems       | Defense fundamentals       |               |            |              |
|                |                   |           | Clearing ties to offense | Position head & posture | Clearing ties to offense   |               |            |              |
|                |                   |           | Re-attacks & counters    | Hand fighting to ties   | Re-attacks & counters      |               |            |              |
|                |                   |           | Defensize fundamentals   | Short offense           | Motion & angles            |               |            |              |
| Week #3 March  | Warm up / Stretch |           | <b><u>Technique</u></b>  | <b><u>Technique</u></b> | <b><u>Technique</u></b>    |               |            |              |
| 16-19th        |                   |           | Motion, angles & levels  | Pummeling systems       | Defense fundamentals       |               |            |              |
|                |                   |           | Clearing ties to offense | Position head & posture | Clearing ties to offense   |               |            |              |
|                |                   |           | Re-attacks & counters    | Hand fighting to ties   | Re-attacks & counters      |               |            |              |
|                |                   |           | Defensize fundamentals   | Short offense           | Motion & angles            |               |            |              |
| Week #4 March  | Warm up / Stretch |           | <b><u>Technique</u></b>  | <b><u>Technique</u></b> | <b><u>Technique</u></b>    |               |            |              |
| 23-26th        |                   |           | Motion, angles & levels  | Pummeling systems       | Defense fundamentals       |               |            |              |
|                |                   |           | Clearing ties to offense | Position head & posture | Clearing ties to offense   |               |            |              |
|                |                   |           | Re-attacks & counters    | Hand fighting to ties   | Re-attacks & counters      |               |            |              |
|                |                   |           | Defensize fundamentals   | Short offense           | Motion & angles            |               |            |              |
| Week #1 April  | Warm up / Stretch |           | <b><u>Technique</u></b>  | <b><u>Technique</u></b> | <b><u>Technique</u></b>    |               |            |              |
| 30-2nd         |                   |           | Double-leg system        | Arm throws              | Double leg system          |               |            |              |
|                |                   |           | Chain attacks            | Headlock systems        | Chain attacks              |               |            |              |
|                |                   |           | Finishing & counters     | Laterals & counters     | Finishing & counters       |               |            |              |
|                |                   |           | Singlet leg system       | Throw to transition     | Single leg systems         |               |            |              |
| Week #2 April  | Warm up / Stretch |           | <b><u>Technique</u></b>  | <b><u>Technique</u></b> | <b><u>Technique</u></b>    |               |            |              |
| 6-9th          |                   |           | Double-leg system        | Arm throws              | Double leg system          |               |            |              |
|                |                   |           | Chain attacks            | Headlock systems        | Chain attacks              |               |            |              |
|                |                   |           | Finishing & counters     | Laterals & counters     | Finishing & counters       |               |            |              |
|                |                   |           | Singlet leg system       | Throw to transition     | Single leg systems         |               |            |              |
| Week #3 April  | Warm up / Stretch |           | <b><u>Technique</u></b>  | <b><u>Technique</u></b> | <b><u>Technique</u></b>    |               |            |              |
| 13-16th        |                   |           | Double-leg system        | Arm throws              | Double leg system          |               |            |              |
|                |                   |           | Chain attacks            | Headlock systems        | Chain attacks              |               |            |              |
|                |                   |           | Finishing & counters     | Laterals & counters     | Finishing & counters       |               |            |              |
|                |                   |           | Singlet leg system       | Throw to transition     | Single leg systems         |               |            |              |
| Week #4 April  | Warm up / Stretch |           | <b><u>Technique</u></b>  | <b><u>Technique</u></b> | <b><u>Technique</u></b>    |               |            |              |

|                 |                   |  |                         |                         |                         |  |  |  |
|-----------------|-------------------|--|-------------------------|-------------------------|-------------------------|--|--|--|
| 20-23rd         |                   |  | Double-leg system       | Arm throws              | Double leg system       |  |  |  |
|                 |                   |  | Chain attacks           | Headlock systems        | Chain attacks           |  |  |  |
|                 |                   |  | Finishing & counters    | Laterals & counters     | Finishing & counters    |  |  |  |
|                 |                   |  | Singlet leg system      | Throw to transition     | Single leg systems      |  |  |  |
| Week #5 April   | Warm up / Stretch |  | <b><u>Technique</u></b> | <b><u>Technique</u></b> | <b><u>Technique</u></b> |  |  |  |
| 27-30th         |                   |  | Double-leg system       | Arm throws              | Go behind systems       |  |  |  |
| ISWA State Week |                   |  | Chain attacks           | Headlock systems        | Body lock offense       |  |  |  |
|                 |                   |  | Finishing & counters    | Laterals & counters     | Turns & transitions     |  |  |  |
|                 |                   |  | Singlet leg system      | Throw to transition     | Snap-down series        |  |  |  |
| Week #1 May     | Warm up / Stretch |  | <b><u>Technique</u></b> | <b><u>Technique</u></b> | <b><u>Technique</u></b> |  |  |  |
| 4-7th           |                   |  | Snap-downs & control    | Gut wrench              | Go behind systems       |  |  |  |
|                 |                   |  | Body Locks & returns    | Lifts & mat returns     | Body lock offense       |  |  |  |
|                 |                   |  | Turns & transitions     | Par terre defense       | Turns & transitions     |  |  |  |
|                 |                   |  | Go-behind & angles      | Turn combinations       | Snap-down series        |  |  |  |
| Week #2 May     | Warm up / Stretch |  | <b><u>Technique</u></b> | <b><u>Technique</u></b> | <b><u>Technique</u></b> |  |  |  |
| 11-14th         |                   |  | Snap-downs & control    | Gut wrench              | Go behind systems       |  |  |  |
| C.Regionals     |                   |  | Body Locks & returns    | Lifts & mat returns     | Body lock offense       |  |  |  |
|                 |                   |  | Turns & transitions     | Par terre defense       | Turns & transitions     |  |  |  |
|                 |                   |  | Go-behind & angles      | Turn combinations       | Snap-down series        |  |  |  |
| Week #3 May     | Warm up / Stretch |  | <b><u>Technique</u></b> | <b><u>Technique</u></b> | <b><u>Technique</u></b> |  |  |  |
| 18-21st         |                   |  | Snap-downs & control    | Gut wrench              | Go behind systems       |  |  |  |
|                 |                   |  | Body Locks & returns    | Lifts & mat returns     | Body lock offense       |  |  |  |
|                 |                   |  | Turns & transitions     | Par terre defense       | Turns & transitions     |  |  |  |
|                 |                   |  | Go-behind & angles      | Turn combinations       | Snap-down series        |  |  |  |
| Week #4 May     | Warm up / Stretch |  | <b><u>Technique</u></b> | <b><u>Technique</u></b> | <b><u>Technique</u></b> |  |  |  |
| 25-28th         |                   |  | Snap-downs & control    | Gut wrench              | Go behind systems       |  |  |  |
|                 |                   |  | Body Locks & returns    | Lifts & mat returns     | Body lock offense       |  |  |  |
|                 |                   |  | Turns & transitions     | Par terre defense       | Turns & transitions     |  |  |  |
|                 |                   |  | Go-behind & angles      | Turn combinations       | Snap-down series        |  |  |  |
| Week #1 June    | Warm up / Stretch |  | <b><u>Technique</u></b> | <b><u>Technique</u></b> | <b><u>Technique</u></b> |  |  |  |
| 1-4th           |                   |  | Wrestling with a lead   | Wrestling with a lead   | Wrestling with a lead   |  |  |  |
|                 |                   |  | Wrestling from behind   | Wrestling from behind   | Wrestling from behind   |  |  |  |
|                 |                   |  | End of period & edges   | End of period execution | End of period scenarios |  |  |  |
|                 |                   |  | Go-behinds & angles     | Shot clock scenarios    | Match control           |  |  |  |
| Week #2 June    | Warm up / Stretch |  | <b><u>Technique</u></b> | <b><u>Technique</u></b> | <b><u>Technique</u></b> |  |  |  |
| 8-11th          |                   |  | Wrestling with a lead   | Wrestling with a lead   | Wrestling with a lead   |  |  |  |
| 14U/16U Duals   |                   |  | Wrestling from behind   | Wrestling from behind   | Wrestling from behind   |  |  |  |

|                 |                   |  |                         |                         |                         |  |  |  |
|-----------------|-------------------|--|-------------------------|-------------------------|-------------------------|--|--|--|
|                 |                   |  | End of period & edges   | End of period execution | End of period scenarios |  |  |  |
|                 |                   |  | Go-behinds & angles     | Shot clock scenarios    | Match control           |  |  |  |
| Week #3 June    | Warm up / Stretch |  | <b><u>Technique</u></b> | <b><u>Technique</u></b> | <b><u>Technique</u></b> |  |  |  |
| 15-18th         |                   |  | Wrestling with a lead   | Wrestling with a lead   | Wrestling with a lead   |  |  |  |
| Womens/Jr Duals |                   |  | Wrestling from behind   | Wrestling from behind   | Wrestling from behind   |  |  |  |
|                 |                   |  | End of period & edges   | End of period execution | End of period scenarios |  |  |  |
|                 |                   |  | Go-behinds & angles     | Shot clock scenarios    | Match control           |  |  |  |
| Week #4 June    | Warm up / Stretch |  | <b><u>Technique</u></b> | <b><u>Technique</u></b> | <b><u>Technique</u></b> |  |  |  |
| 22-25th         |                   |  | Wrestling with a lead   | Wrestling with a lead   | Wrestling with a lead   |  |  |  |
| Kids FS/GR Natl |                   |  | Wrestling from behind   | Wrestling from behind   | Wrestling from behind   |  |  |  |
|                 |                   |  | End of period & edges   | End of period execution | End of period scenarios |  |  |  |
|                 |                   |  | Go-behinds & angles     | Shot clock scenarios    | Match control           |  |  |  |
| Week #1 July    | Warm up / Stretch |  | <b><u>Technique</u></b> | <b><u>Technique</u></b> | <b><u>Technique</u></b> |  |  |  |
| 29-2nd          |                   |  | Review                  | Review                  | Review                  |  |  |  |
|                 |                   |  | Review                  | Review                  | Review                  |  |  |  |
|                 |                   |  | Review                  | Review                  | Review                  |  |  |  |
|                 |                   |  | Review                  | Review                  | Review                  |  |  |  |
| Week #2 July    |                   |  |                         |                         |                         |  |  |  |
| 6-9th           |                   |  |                         |                         |                         |  |  |  |
| Fargo Week      |                   |  | Compete                 | Compete                 | Compete                 |  |  |  |