

Nevada Elite Wrestling Level Curriculum

When moving up within each Level of the program each wrestlers needs to be proficient in the skills from the previous level. Extended periods of time away from program can cause regression into a previous level. This is for the benefit of the athlete.

level 1	Level 2	Level 3	Level 4
Neutral	Neutral	Neutral	Neutral
Square stance vs. Staggered		Single leg	Hands and wrists, fighting for control.
Over step, back step, penetration step	Offense	Tree top finish	Opponent posting
Stalking opponent to close gap	Progressing our shot in terms of circling, setting up, and knowing when to shoot with a focus on finishing	Run the pipe, head on inside.	Underhook (head position)
Make contact	Shucks, Ducks, drags	Run the pipe, head on outside, finish double	
Hand fighting to control ties. Don't reach!			Offense
	Counter Offense	Fireman's Carry	Single leg, finishing on feet
Offense	Stopping a shot with a head block, down block, sprawl and circling back to your feet while focused on a re-attack.	Inside carry	Single leg sweep, running the corner
	Stuff Head		
Single leg		Outside carry	Single leg rotate direction
Finish on feet, turn down, table, climb up body. snag singles.	Head and arm defense		Low single finishing through the back door
		Shadow wrestling using shots, sprawls, down blocks, elevation change, snap downs, fakes.	
Hi-Crotch	Bottom		Counter Offense
Switch off to double	Stand up progression. The stand up is a staple in wrestling. We will always be looking to create movement using our sit out turn in/ out and score with a stand up from the bottom position	Learning to drill at a high pace while also performing proper technique	Front headlock
Double leg	Granby rolls and switches.	Being able to properly clear ties and getting to leg attacks.	Clear elbow

Blast double(head on inside)		Looking to turn takedowns into back points.	Knee tap
Double leg (turn corner) Snap down, front head and arm.	Top Learning a tight waist chop breakdown while also continuing to perfect the spiral ride	Turks, tilts, step overs.	
Down Blocks, elevation change, fakes	Tight waist, wrist roll, head in the ribs off of each breakdown	Bottom	Bottom
Set-ups (Inside tie, Inside collar tie, russian tie, arm drags).	Tilts, arm bars, lowa head lever	Standing up in 5 or less from the bottom	Holding base drill
	Circle out front, return double leg	Elbow down, short sit turn in/ out	Able to properly create space through movement Leg defense
Defense		Constant movement on bottom, looking for wrists and keeping head off mat at all times.	
Sprawls, Shin Whizzer, head, hand, hip, defense	North Position	Focused on creating space with our movement.	Hip down, elbows in, wrist control. Elbow inside of calf, scoot hips away, hip heist out.
circle from the top, bottom, and neutral position	Implementing near side cradles/ Cross pick cradles while also being able to use our short offense(arm drags, thumb blocks) to score	Hip heist	Spider defense
Counter Offense	South Position	Top Arm bar tilt, knee to knee stack, finishing with an arm bar/ wrist roll for the fall.	Top Spiral ride to legs
Stuff head whether it's on the inside or outside.	Scoring from the bottom in the south position using arm drags, wrist control, tripods and movement	Cheap tilt, easton, cali roll.	Double spiral to legs
Front headlock, go behind.	Peak out, finish partner to hip	Constantly chasing wrists, staying underneath arms, being able to follow at a high pace.	
Peak outs			

<p>Bottom</p> <p>Stand up, cut away, re-attack. Sit out turn in, sit out turn out</p> <p>Top</p> <p>Spiral ride to a wrist roll half</p> <p>Chain - Takedown, Spiral Ride, Wrist Roll, Half Nelson</p>	<p>Chain - 3 Moves (Top, Bottom, Neutral)</p>	<p>Counter Offense</p> <p>Constant movement from each position while looking to score from the North, or South.</p> <p>Chain</p> <p>Focused on constant movement from each position. Always looking for 3 moves to score from top, bottom, and neutral positions.</p>	
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