

1 Wrestling Skill Checklist

Each skill in a section must be drilled to coaches level of Mastery.

Tumbling Skills

Completed	Exercise	Date
<input type="checkbox"/>	Jogging and skipping	_____
<input type="checkbox"/>	Jogging and skipping with high knees and swinging arms	_____
<input type="checkbox"/>	Skipping rope (Double Under)	_____
<input type="checkbox"/>	Forward roll	_____
<input type="checkbox"/>	Walking on hands (10 Feet)	_____
<input type="checkbox"/>	Shoulder rolls	_____
<input type="checkbox"/>	Backwards rolls	_____
<input type="checkbox"/>	Cartwheels	_____
<input type="checkbox"/>	Bridging	_____

Basic Skills

Completed	Skill	Date
<input type="checkbox"/>	Stance (Square and Attack)	_____
<input type="checkbox"/>	Movement	_____
<input type="checkbox"/>	Changing level	_____
<input type="checkbox"/>	Penetration	_____
<input type="checkbox"/>	Knee Spin	_____
<input type="checkbox"/>	Re-shot (2 shots and Downblock shot)	_____
<input type="checkbox"/>	Back Arch	_____
<input type="checkbox"/>	Hip Heist	_____
<input type="checkbox"/>	Coming to base	_____
<input type="checkbox"/>	Pummeling	_____
<input type="checkbox"/>	Down Block	_____
<input type="checkbox"/>	Tie-up: Collar and Shoulder post & Inside tie	_____
<input type="checkbox"/>	Tie-up: Under hook & far wrist	_____
<input type="checkbox"/>	Tie-up: Front headlock	_____
<input type="checkbox"/>	Tie-up: 2-on-1	_____
<input type="checkbox"/>	Tie-up: Double inside tie	_____

Fundamental Skills

Completed	Skill	Date
<input type="checkbox"/>	Takedown: set-ups → Shot	_____
<input type="checkbox"/>	Takedown: Double leg	_____
<input type="checkbox"/>	Takedown: Sweep/Straight single leg shot	_____
<input type="checkbox"/>	Escape-mat: Inside Stand-up	_____
<input type="checkbox"/>	Escape-mat: Outside Stand-up	_____
<input type="checkbox"/>	Escape-mat: Switch → escape	_____
<input type="checkbox"/>	Escape-mat: Sit-out Position → Escape	_____
<input type="checkbox"/>	Reversal-mat: Switch	_____
<input type="checkbox"/>	Reversal-mat: Inside Switch	_____
<input type="checkbox"/>	Mat Return: Back Heel Trip (Single or double/ W wrist or without)	_____
<input type="checkbox"/>	Mat Return: Lift Return	_____
<input type="checkbox"/>	Mat Return:: Iowa Cork screw	_____
<input type="checkbox"/>	Mat Return:: Tilt	_____
<input type="checkbox"/>	Mat Return: Dresser Dump	_____
<input type="checkbox"/>	Top control: Jam	_____
<input type="checkbox"/>	Top control: Tight Wste Ankle	_____
<input type="checkbox"/>	Top control: Tight-waist Arm-chop	_____
<input type="checkbox"/>	Top control: Far ankle and far knee	_____
<input type="checkbox"/>	Top control: Spiral/Cowboy/Claw	_____
<input type="checkbox"/>	Top control: Shin series	_____
<input type="checkbox"/>	Pinning combo from flat: ½ Nelson	_____
<input type="checkbox"/>	Pinning combo from flat: Arm bar (chicken wing)	_____
<input type="checkbox"/>	Tilts: Fairfax	_____
<input type="checkbox"/>	Tilts: 2 on 1 tilt	_____
<input type="checkbox"/>	Cradle: (Near and Farside)	_____
<input type="checkbox"/>	Takedown Counter: Front head (Head in bucket)	_____
<input type="checkbox"/>	Takedown Counter: Down block T-Drill	_____
<input type="checkbox"/>	Counter: Half/ Cradle/Bar	_____

Intermediate Skills

Completed	Skill	Date
<input type="checkbox"/>	Takedown: Fireman's carry	_____
<input type="checkbox"/>	Takedown: Low Single leg	_____
<input type="checkbox"/>	Takedown: Standing Front Head (Bottom Leg Cradle)	_____
<input type="checkbox"/>	Takedown: Snap down & go-behind	_____
<input type="checkbox"/>	Takedown (Iranian) Push-pull	_____
<input type="checkbox"/>	Takedown (Iranian) Pull Step out	_____
<input type="checkbox"/>	Takedown (Iranian) Pull cradle	_____
<input type="checkbox"/>	Control ride to pin: Turk ride	_____
<input type="checkbox"/>	Control ride to pin: Near-side cradle	_____
<input type="checkbox"/>	Control ride to pin: Far-side cradle	_____
<input type="checkbox"/>	Reversal-standing: Switch	_____
<input type="checkbox"/>	Reversal-standing: Granby	_____
<input type="checkbox"/>	Reversal-standing: HI-LOW (Advanced)	_____
<input type="checkbox"/>	Escape-mat:	_____
<input type="checkbox"/>	Escape/reversal-mat: Shoulder Granby	_____
<input type="checkbox"/>	Escape/reversal-mat: Hi-Lo Granby and Elbow Granby	_____
<input type="checkbox"/>	Escape/reversal-mat: Sit-out turn to duck-out	_____
<input type="checkbox"/>	Escape/reversal-mat: Sit-out scoot to power Stand-up	_____
<input type="checkbox"/>	Escape/reversal-mat: Tr-pod Stand-up	_____
<input type="checkbox"/>	Escape/reversal-mat: Tri-pod Switch	_____
<input type="checkbox"/>	Escape/reversal-mat: Power Stand-up	_____
<input type="checkbox"/>	Rolls: Petersen (all variations) (Optional based on kid)	_____
<input type="checkbox"/>	Ride: Leg ride (Getting them in and riding) (single and double)	_____
<input type="checkbox"/>	Ride: Spiral riding for control	_____
<input type="checkbox"/>	Takedown Counter: Shimmy to T-Drill and or front head	_____
<input type="checkbox"/>	Takedown Counter: Head sid hip down hip crash (Similar to above)	_____
<input type="checkbox"/>	Takedown Counter: Rotate to whizzer	_____
<input type="checkbox"/>	Takedown Counter: Whizzer offense and defense	_____
<input type="checkbox"/>	Takedown Counter: Down Block Re-shot	_____
<input type="checkbox"/>	Takedown Counter: Body whizzer	_____
<input type="checkbox"/>	Takedown Counter: Front head Hamstring drag	_____
<input type="checkbox"/>	Takedown Counter: Front Head Near side Cradle	_____
<input type="checkbox"/>	Takedown Counter: Front headlock shook	_____
<input type="checkbox"/>	Takedown Counter: Front head elbow release	_____
<input type="checkbox"/>	Throws: 3- Arm spin, Head and Arm, Lat Drop (Emergency needs)	_____

Advanced Skills

Completed	Skill	Date
<input type="checkbox"/>	Takedown: Near-Arm Far-leg (Outside fireman's)	_____
<input type="checkbox"/>	Takedown: Swing shot (Knee pull)	_____
<input type="checkbox"/>	Takedown: Snatch single	_____
<input type="checkbox"/>	Takedown: Ankle pick	_____
<input type="checkbox"/>	Takedown: Duck-Under (far and near side)	_____
<input type="checkbox"/>	Takedown: Slide by	_____
<input type="checkbox"/>	Takedown: Elbow Pull-Elbow Pass to a shot (Both Legs)	_____
<input type="checkbox"/>	Takedown: Inside tie to a shot (Both legs)	_____
<input type="checkbox"/>	Takedown: Stalk to a shot	_____
<input type="checkbox"/>	Takedown: 2 on 1 to a shot	_____
<input type="checkbox"/>	Takedown: Head Snap to a shot	_____
<input type="checkbox"/>	Takedown: Over-Under to a shot	_____
<input type="checkbox"/>	Takedown: Under hook to a shot	_____
<input type="checkbox"/>	Takedown to Pin: Double leg to a turk	_____
<input type="checkbox"/>	Takedown to Pin: Double leg to a half	_____
<input type="checkbox"/>	Takedown to Pin: Single to clear head cradle	_____
<input type="checkbox"/>	Ride: 2-on-1	_____
<input type="checkbox"/>	Ride: Spiral ride elbow	_____
<input type="checkbox"/>	Ride: Tight Waste Ride	_____
<input type="checkbox"/>	Leg Ride: Near and far side half (UP)	_____
<input type="checkbox"/>	Leg Ride: Half (Broken down)	_____
<input type="checkbox"/>	Leg Ride: Open up the guy	_____
<input type="checkbox"/>	Leg Ride: Hip Turn	_____
<input type="checkbox"/>	Leg Ride: Turk	_____
<input type="checkbox"/>	Leg Rides: both legs in series	_____
<input type="checkbox"/>	Mat Awareness: Edge of mat adjustments (Toes in)	_____
<input type="checkbox"/>	Mat Awareness: Butt to center always	_____
<input type="checkbox"/>	Chain Wrestling: Takedown → near fall → escape → takedown → Nearfall	_____
<input type="checkbox"/>	Chain Wrestling: Shot-reshot/shot-counter shot → Nearfall	_____

2 Wrestling Drills Checklist

Basic Drills individual

Completed	Skill	Date
<input type="checkbox"/>	Stance: In & Out	_____
<input type="checkbox"/>	Movement: foot fire	_____
<input type="checkbox"/>	Movement: Circular motion	_____
<input type="checkbox"/>	Movement: Lateral motion	_____
<input type="checkbox"/>	Level change: In and out & change	_____
<input type="checkbox"/>	Level change: Circle & change	_____
<input type="checkbox"/>	Level change: Lateral & change	_____
<input type="checkbox"/>	Penetration: Stance, Change level, drop step	_____
<input type="checkbox"/>	Penetration: Stance, Change level, Step in	_____
<input type="checkbox"/>	Penetration: Stance, Change level, Double knee drop (Duck)	_____
<input type="checkbox"/>	Defense: Down block (Skate)	_____
<input type="checkbox"/>	Defense: Down Block reshot	_____
<input type="checkbox"/>	Repetition of Shots and down block in different orders	_____

Intermediate Drills Individual or partner

Completed	Skill	Date
<input type="checkbox"/>	Motion with fake	_____
<input type="checkbox"/>	Motion with body fake and jab steps	_____
<input type="checkbox"/>	Shot → Sprawl → Hip-heist	_____
<input type="checkbox"/>	Down block → Sprawl → Circle out	_____
<input type="checkbox"/>	Missed shot Circle out	_____
<input type="checkbox"/>	Body-lock Peek out drill	_____
<input type="checkbox"/>	Knee-slide drill	_____
<input type="checkbox"/>	Shot → Knee spin	_____
<input type="checkbox"/>	Inside standup (then reshoot)	_____
<input type="checkbox"/>	Snap & Go-behind	_____
<input type="checkbox"/>	Sit out turn → stand-up	_____
<input type="checkbox"/>	Granby → Stand-up	_____

Leg Attack Finish Drills

Completed	Skill	Date
<input type="checkbox"/>	Start in Hi-C → Double → Turk	_____
<input type="checkbox"/>	Start in Double Finish	_____
<input type="checkbox"/>	Start in single drive up to high finish	_____
<input type="checkbox"/>	Start in Hi-C (Partner sprawl) Low finish (Knee slide)	_____
<input type="checkbox"/>	Start in Hi-C (Partner sprawl) Low finish (pull up to low double)	_____
<input type="checkbox"/>	Start in Hi-C (Partner sprawl over head) Low finish (crack down)	_____
<input type="checkbox"/>	Start in Hi-C (Partner sprawl over head) Low finish (knee spin)	_____
<input type="checkbox"/>	Start in single (Partner sprawl whizzer) Low finish circle	_____
<input type="checkbox"/>	Start in single (Partner sprawl whizzer) Butt Roll	_____
<input type="checkbox"/>	Start in single (Partner sprawl whizzer) Cut Back	_____
<input type="checkbox"/>	Start in single (Partner sprawl whizzer) Turbine	_____
<input type="checkbox"/>	Start in low single → Circle away from low single hip crack	_____
<input type="checkbox"/>	Start in single (Partner drop far knee) Chest up hold leg step knee spin	_____
<input type="checkbox"/>	Start in single (Partner drop near knee) circle to single low finish	_____

Snap down & Go-Behind Drills

Completed	Skill	Date
<input type="checkbox"/>	Snap & Go with opponent on knees	_____
<input type="checkbox"/>	Snapping from feet	_____
<input type="checkbox"/>	Off opponents shot	_____

Riding & Pinning Drills

Completed	Skill	Date
<input type="checkbox"/>	Jam series	_____
<input type="checkbox"/>	Wrist Series	_____
<input type="checkbox"/>	Spiral/Cowboy/Claw series	_____
<input type="checkbox"/>	Leg ride series	_____

Escaping and Reversal drills

Completed	Skill	Date
<input type="checkbox"/>	Stand-up (Partner continue forward pressure)	_____
<input type="checkbox"/>	Stand-up (Partner try and control wrist)	_____
<input type="checkbox"/>	Stand-up (off whistle)	_____
<input type="checkbox"/>	Stand-up (Partner try and control ankles)	_____
<input type="checkbox"/>	Granby (Off Whistle)	_____
<input type="checkbox"/>	Granby (Partner chop)	_____
<input type="checkbox"/>	Switch (Partner Jam)	_____
<input type="checkbox"/>	Switch (Re-switch)	_____
<input type="checkbox"/>	Sit-out (Off Whistle)	_____
<input type="checkbox"/>	Sit-out (Partner pressure)	_____
<input type="checkbox"/>	Sit-out (Partner stops stand-up)	_____
<input type="checkbox"/>	Power position (hand fight)	_____
<input type="checkbox"/>	Standing (good position drill)	_____