

Attack Style Wrestling **Ultimate** **DRILLS PACK**



SKILL
DEVELOPMENT
DRILLS

SAMPLE PRACTICE ROUNCINES

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How to drill

Notes & Points of Emphasis:

Working into it.

- Head Movement with ducks
- Snag shots to head movement
- Get hands and feet moving
- Take to mat with Firemans and NAFL
- Begin full drilling with set ups and hard finishes

Partners Duties

- Frankenstein Stance
- If partner pulls then step for them with tension
- Don't be a limp noodle (strive to hold stance)
- Stay up for FHL's until partner pulls you down
- Post hands on mat and not elbows
- Hi-C Defense flow (swing leg)
- Single Defense flow (swing and square)
- Slight handing fighting.
- Bounce up in Frankenstein stance and present self to partner after reps
- Don't go 100% (you are learning.)
- Bad Partner Examples:
 - Fighting 100%
 - Always keeping one leg back
 - Falling over to easily

How to drill

Tips

- Neither guy should come out of stance
- Keep intensity high
- 20 min drill session can be a great workout.
- Focus on closing the gap properly
- Always have hands and feet moving
- Change speeds and directions constantly
- Be physical (even if you're a finesse or outside wrestler NO petting)
- FINISH your shots.

Stance –n- Motion Drills

Notes & Points of Emphasis:

- Great drill to perform in warm-up and for conditioning.
- Have a strong emphasis on penetration steps, proper sprawl and down blocking skills.
- Feet always moving & on toes, especially when using as conditioning drill.

Drill Outlines:

1. Stance-n-motion
 - a. Down Block (Hands on mat and circle)
 - b. Snaps
 - c. Fakes
 - d. Shots (Inside Step Hi-C & Double as well as Sweeps)
 - e. Knockout
 - f. Combos

High Level Finishing Drill

Notes & Points of Emphasis:

- Offensive wrestler needs to understand importance of moving opponent until they finish.
- Can also work in shot defense to this drill.
- Develop chain series as well. (Example in Hi-C, if wrestler is driving to double but opponent is blocking off the arm they can go to Run the Pipe)

Drill Outlines:

Single (Sample Finishes)

1. Head Drive
2. Knee Up
3. Run the Pipe
4. Lift –n- Sweep
5. Head Drive => Run the Pipe

Hi-C (Sample Finishes)

1. Double
2. Run the Pipe
3. Lift –n- Sweep
4. Double => Run the Pipe

Bull Dog Drill

Notes & Points of Emphasis:

- Never drop to haunches
- Snake –n-Post with Forward Pressure
- May have to do a lot of driving in the Snake –n- Post Position to break bad habits.
- Try to start every time with hands locked, and partner standing. Begin drill with defensive wrestler sprawling hard and offensive wrestler transitioning to Snake –n- Post.

Drill Outlines:

1. Drive Up to Best High Single Finish
2. Sanderson
3. Low Lift (Can use multiple Low Lift Finishes here)
4. Cut Back
5. Peek Out
6. Pull Out
7. Sucker Drag
8. Front Headlock Drive off

Hi-C & Double Finishing Drill

Notes & Points of Emphasis:

Start with a kneeslide drill and execute finish on second whistle

Strong emphasis on:

Head up

Hips in

Strong Head Drive into Opponent

Great variation is to start with offensive wrestlers hands locked head on the mat and defensive wrestler in full sprawl. On first whistle the offensive wrestler must build up to good position and defensive wrestler give resistance. They continue to do the kneeslide drill and on second whistle offensive wrestler executes hold.

Drill Outlines:

- Run Down Double (drives to feet and uses a shelf –n- claw finish)
- Look By Double (cuts corner from knees and drives through finish)
- Iranian (can use multiple finishes from the Iranian)
- Crackdown (can use multiple finishes from here)
- Cut Off
- Drop-n-Duck
- Sucker Roll (Optional)
- Ankle Roll Def (Drop anchor, slip arm & post across)
- Funk Def (Windshield Wiper ankles and drop back to claw)

Low Level Finishes Drill

Notes & Points of Emphasis:

- Wrestler is learning to lockout the lower leg.
- The goal of this drill is to feel no weight and check proper finishing form
- Starting the wrestler low helps to focusing on learning the finishing technique
- When wrestler starts working from shot, be sure to focus on proper dropping of level.

Drill Outline:

5. Low Single
6. Low High Crotch
7. Kneepull Single

Shot Defense Series

Notes & Points of Emphasis:

Sequence:

- Hand Fighting Spar
- Coach Calls out Position Below
 - Hi-C High
 - Hi-C Low
 - Double
 - Single High
 - Single Low
 - Low Single
 - Any other situations that you want to focus on
- Strong emphasis on most solid & fundamental defenses.

Drill Outline:

1. Hi-C on Feet
2. Single on Feet
3. Double Defense => FHL Offense or Funk Rolls
4. Hi-C on Knees
5. Single Knees => FHL Offense
6. Low Single Defense
7. Head Block to Quick Snap Behind
8. Head Block to Re-Shot

Hand Fighting Drill

Notes & Points of Emphasis:

Sequence:

- Spar (Hand Fighting)
- Coach calls out tie-up
- Wrestler One get tie-up
- Wrestler Two clears tie and goes to offense

Stay on wrestlers to hustle between reps, never come out of stance and perform with high intensity.

Great drill to use if you are wrestling an opponent or team that likes to use one tie (for example Russian Tie or Under Hook). Focus on clearing this tie and even add specific offense that can be score on when opponent get this tie.

Drill Outlines:

Sample Ties

- Inside Tie
- Under Hook
- E-Con
- Russian Tie
- FHL
- Wrist Control
- Collar Tie
- Double Unders
- Block Off

5 Points Drill from Top

Use favorite pin hold to finish drill

Basic

- Near Wrist (Use Cross Arm to Help With)
- Rolls N.W. Go to Half
- Bicep to Ear go to CF
- Takes arm to side => CW
- Builds Up drop back to TW and grind

Build Up Version (After getting tie bottom man builds to base)

- Near Wrist (Use Cross Arm to Help With)
 - Wrist and Rear out to side
- Rolls N.W. Go to Half
 - Gather far wrist and Sweep Half Series
- Bicep to Ear go to CF
 - Ankle down
- Takes arm to side => CW
 - Spiral down
- Builds Up drop back to TW and grind

Bottom Drills

Drill Outlines:

Master Skill Set Drill

1. Elbow Pinch Stand up
2. Slip Arm SU
3. Slip Arm SU on Base
4. Wheel SU
5. WW Stand up
6. Tri-Pod Knee Slide SU
7. Stand up Crab and Back Over
8. Ankle Whip
9. Pinch & Catch
10. Pinch & Block
11. JAC to Crab => Toe Hold
12. Gets Leg in #1 Leg Defense (Climb Rope)

Base Drills (Solo & Partner)

Emphasis digging hands in the mat

1. Belly
2. Side
3. Side
4. Back
5. Leg Rider
6. Add partner with wrist control
 - a. Single bars
 - b. Double bars
 - c. Cross Wrist to Sit Out and H.H.

Bottom Drills

Chain Wrestling Series (Solo & Partner)

Solo

1. Stand up
2. Switch
3. Sit Out
4. Roll (Side or Granby)

Partner

1. Standup
2. Return
3. Switch
4. Re-Switch
5. Sit Out & H.H. or Roll

Angles & Down Blocking Drills

Notes & Points of Emphasis:

Work on Footwork for Side Step. Be sure to stay close to opponent and not step away.

Plug in any other angle attacks your team or wrestler uses.

Drill Outlines:

1. Snap from Knees => Angle Attack
2. Snap from Feet => Angle Attack
3. Shoot => Blocked => Angle Attack
4. Shoot => Blocked => DB out to offense
5. Drag => Offense
6. Drag => DB => Re Attack
7. Russian Pull => Offense
8. Russian Pull => DB => Re Attack
9. Elbow Pass => Offense
10. Elbow Pass => DB => Re Attack

Push-Hang-Circle-Pass Drill

Notes & Points of Emphasis:

- Focus on moving opponent with hands and feet
- This is a great drill to develop a feel from working from inside position.
- Plug in techniques that make sense for your team or wrestler

Drill Outlines:

Pressure drill- hanging –steering wheel – steering wheel

1. Push
 - a. Power Shots
2. Hang
 - a. Power Shots
 - b. Sweep
 - c. HI-C
 - d. Double
 - e. FHL
3. Circle
 - a. Right
 - i. Hi-C
 - ii. Ankle Pick
 - b. Left
 - i. Sweep
 - ii. Knee Pick
4. Pass
 - a. Rundown Doubles

Stalking/Down Blocking Drill

Notes & Points of Emphasis:

- Opponent is staying away and trying to sneak to legs.
- If they do get to your legs then slide back until in FHL and then score.
- Michael Myers Stalk, don't sprint and reach
- Proper reaction for partner is to stay off elbows
- Also a great drill to work Front Headlock Defense for wrestler that is shooting.

Drill Outlines:

Sample Offense after Sliding to FHL

- Head in hole => Cradle
- Head in hole => Hip Hook
- Head in hole => Shuck
- Bounce –n- Backhand
- Mis Direction Bounce
- Double off (when opponent tripods and circle out)
- Double Overs => Knee tap
- Knee tap and spin
- Dump

Tie-ups/Set up Drill

Notes & Points of Emphasis:

Goal: Develop multiple sets ups for scoring holds.

- Can Not Go Straight to Shot...
- Must Change Directions, Get on Head, Fake Ties & Shots etc...
- Must Stalk Properly

Call out tie ups & they hit favorite offense from that tie and #1 finish

Drill Outlines:

Sample Routine

1. Inside-Tie => Hi-C
2. Russian Pull => Double
3. Underhook => High Single
4. Snap off => Low Single
5. Baseball Grip => Sweep Single => Ankle Lace
6. Elbow Control => Hi-C
7. Post up => Power Single
8. Underhook => FHL
9. Russian Tie => High Single
10. Collar Tie => Shuck
11. Inside Tie => Sweep Single
12. Post Up => Double

Tie-ups/Set up Drill

List of tie-ups to pull from:

- Inside Tie
- Stiener Tie
- Under Hook
- E-Con
- Russian Pull
- Russian Tie
- Drag
- Open (In/Out)
- Collar Tie
- Double Unders
- Post Ups

Shot Finishes Drill

Notes & Points of Emphasis:

Develop multiple finishes for neutral attacks.

Partner must react properly

Choose one tie up or just tell them to use their favorite tie-up (s).

Drill Outlines:

Sample Routine:

1. Hi-C => Double
2. Power Single => Head Drive
3. Sweep => Back Ankle
4. Power Single => Run the Pipe
5. Hi-C => Crackdown
6. Sweep => Low Lift
7. FHL => Head -n-Hole
8. Hi-C => Iranian
9. Sweep => Cut Back
10. FHL => Side-Step Double
11. Single => Drive to Feet => Lift and Sweep
12. H-C => Feet => Run the Pipe

Shot Finishes Drill

Possible combos to pull from:

Hi-C

- Hi-C on feet => Run the Pipe
- Hi-C on feet => Lift -n- Turk
- Hi-C => Double to Feet => S & C
- Hi-C => Cut corner from Knees => S & C
- Hi-C => Cut corner from Knees => Double & Roll thru def
- Hi-C => Cut corner from Knees => Double Funk def
- Hi-C => Iranian => Duck Across
- Hi-C => Iranian => Back door
- Hi-C => Crackdown => Jump Across
- Hi-C => Crackdown => Shelf
- Hi-C => Crackdown => Cradle
- Hi-C => Lasso => S & C
- Hi-C => Cut low corner
- Firemans Carry
- Sucker Roll

Shot Finishes Drill

Double

- Blast to Feet
- Beat Ankle Roll
- Beat Funk Roll

Single

- Sweep => BA (Shelf & Tackle)
- Sweep => BA (Inside Shelf)
- Sweep => BA (Shelf & limp Arm)
- Sweep => BA (Step Over)
- Sweep => Sanderson
- Sweep => Cutback
- Sweep => Low lift (Pop off)
- Sweep => Low lift (Swing & Turk)
- Sweep => Crackhole
- Power Single => Knee up
- Power Single => Run Pipe
- Power Single => Head Drive
- Power Single => Lift -n- Sweep
- NAFL

Shot Finishes Drill

Low Single

- Low Single => Lasso
- Low Single => Pop-up
- Low Single => Back Ankle

FHL

- Pull down & Backhand
- Cross Ankle (shelf ankle on finish)
- Dump
- Double (Pull out and shoot)
- Side Step Double
- Ankle Pick

Programming & Chain Wrestling Series

Sample Outline of Shot Combos:

1. Fake Hi-C => NAFL
2. Fake Hi-C => Sweep
3. Fake Hi-C => Power Single
4. Fake Hi-C => FHL
5. Fake Single => FHL
6. Double Shot => Hi-C => Sweep
7. Double Shot => Hi C => Knee pull
8. Double Shot => Hi C => Hi-C
9. Double Shot => Hi C => Low Single
10. Missed Single => Pull Out=> FHL
11. Missed Hi-C => Pass by
12. Missed Shot => Missed Sucker Drag
13. Missed Shot => Missed Sucker Drag => Sweep
14. Mis Single => Hi-C
15. Mis Single => Outside Passby
16. Mis-Direction Double (Single to Double)
17. FHL Release to Shot
18. FHL => Side Step Shot
19. Shot to Drag
20. Fake Shot to Snap to Side Step Shot
21. Re Shots
22. U-Hook Throwby to Far Side Duck
23. Fake Hi-C in Open to Low Single
24. Drag to farside shot
25. Passby to Knee block
26. Elbow off to Far side attack
27. Fake Sweep to Duck Under