

Sparta Pride

Novice Wrestling

By Coach Ron Santangelo

Goals

Teach basic wrestling skills
Instill sportsmanship
Build self-confidence
Promote healthy environment to develop wrestlers

Basic skill levels

-discuss sport, positions, point system, moves, wining & not wining
-wining/ non-wining wrestler shakes opponents' hand politely (before & after match)
- There are NO LOSERS in this room.
Only words spoken to referees are Top/Bottom/Neutral/Defer/ or I am injured/ timeout.

Periods

3- 1minute periods
period 1-Start standing/neutral
period 2- choice top, bottom, neutral or defer_or opponent may have
period 3-choice top, bottom, neutral or defer_or opponent may have

Neutral/ Standing

-stance; feet, hand, arm, elbow, knees, back & head positions
-shake hands politely
-listen for whistle/ break on whistle

Referees' position

top:

-referee will signal to gently move into position and hold, listen for whistle to start (caution/false start)
-left hand left elbow of opponent, right hand on naval/stomach
-head in middle of back/ between shoulder blades, (chin/ ear on opponent)
-left knee down beside opponents' left knee/ right foot flat centered on matt behind opponents' feet
-listen for whistle to start/ break on whistle

bottom:

- knees on or in back of back line, shoulder width apart (no more)
- hands in front of knees, on or in front of front line
- wrestler sitting back on heels w/toes curled under or flat on mat
- referee to signal that you are ready and remain still, (if not: caution/ false start)
- listen for whistle/ break on whistle

Moves

Neutral/Standing

- double leg/single leg takedown
- ankle pick if skill level allows
- sprawl & cross face

Referees' Position

top;

- breakdowns- arm chop /waist & ankle
- riding moves- 1 on 1; 2 on 1
- pinning combinations; ½ nelson/ cradle
- keep head and chest lower than opponents shoulder blades
- never hang head over opponents shoulder while you are on top

bottom;

- hand/ wrist control
- stand-ups; in/outside
- sit-outs, turning in & standing- up
- never go to back/ always roll to stomach

Practice

Monday/Tuesday/Friday 6-7 p.m. @ Rev. Brown School

Warm-ups
Instruction
Wrestling

Wrestler/parents will be expected to roll up mats on certain days.

This will be a great program and feeder program for which ever high school these young wrestlers eventually wrestle for.