

Wrestling Lesson Plan (90 minutes)



General Pedagogy:

- This is a combination of Wrestling and Judo into a dynamic and well-balanced takedown methodology. By taking the wider array of takedowns available in both sports, and underpinning them with concepts and ideas, students understand the mechanics and principles that allow one human to toss another human like a sack of potatoes.
- Takedowns require large movements (like level changes/shots). Scaffolding movements and requiring proficiency in a minor movement will make the more complex movements easier to acquire.
- Games should be played at least once earlier in the class for a few minutes. Application is where many students are forced to learn the technique/position/concept. It also lightens the mood of the class, and tires the student.
- Decentralized Learning: Students can learn from their partners and a more experienced partner should guide a less experienced partner

15 minutes: Warm-ups

- 1 - 2 minutes of light jogging
- 30 seconds of each of the following with 10-20 seconds of jog between: Side Shuffle, Bear Crawls, Crab Walks, Shots
- Students come to one side: Slithers(/Shots if slithers are proficient), Front Roll, Back Roll. On each end: Push-ups, Sprawls (either Straight or Rotating)

-----*(Water Break)*-----

(Optional) 6 - 10 minutes: Stance and Movement Drill with Partner

- If there are any new students start with basic stance and linear movement
- Lead follow drill with “Downblock”, “Sprawl”, “Breakfall” (If they are more advanced)
- Up to three two-minute rounds

6 - 10 minutes: Pummeling/Clinch Drills with Partner

- Pummeling is done almost every day, regardless of level.
- This is a good opportunity for more experienced students to share their knowledge

15 minutes: Differentiated Lesson Groups

- Assign student to lesson based on previous experience. Once lesson is learned, at least a few rounds of playing games (might be saved for the end). If time allows, the next lesson may be taught, with corresponding game.

-----(*Water Break*)-----

10 - 20 minutes: Games/Situational Sparring/Live Sparring

- Each student is assigned a game, or a set of games they may play
- 2 minute rounds, switching partners at the end of each round
- Optional punishments or rewards in the form of exercise
- Students that have completed phase 1 may randori* with takedown
- Students that have completed phase 2 may randori with submissions

*Randori: Takedown and once the position has settled for 3 seconds, start back in neutral. Allow scrambles to complete.

(Optional) 5 - 10 minutes: High Intensity Interval Circuit

- 30 second rounds with at least two exercises, and up to six
- At least one exercise should be isometric

(Optional) 5 - 10 minutes: Cool down and stretch

- Dynamic, slow movements
- Simple static stretches, 30 second holds