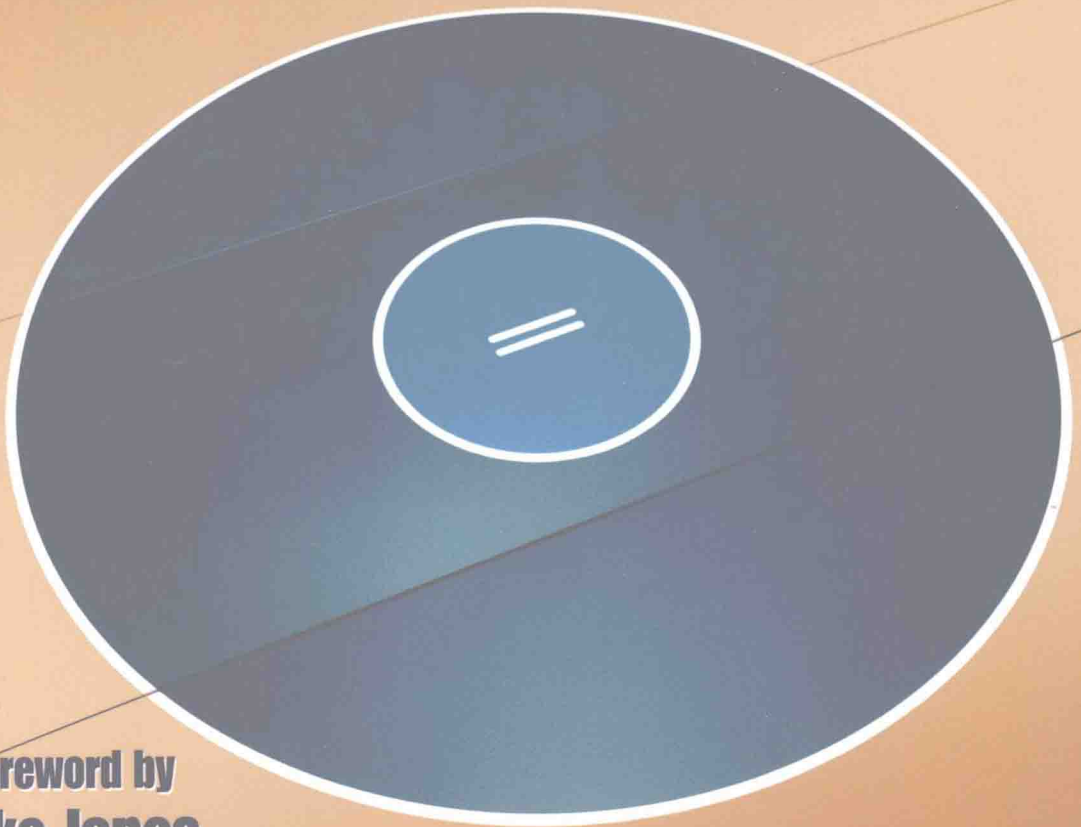


The Wrestling Drill Book

Second Edition

More than 150 technical and tactical drills



**Foreword by
Zeke Jones**

Bill Welker
Editor

The Wrestling Drill Book

Second Edition

Bill Welker, EdD
Editor



Human Kinetics

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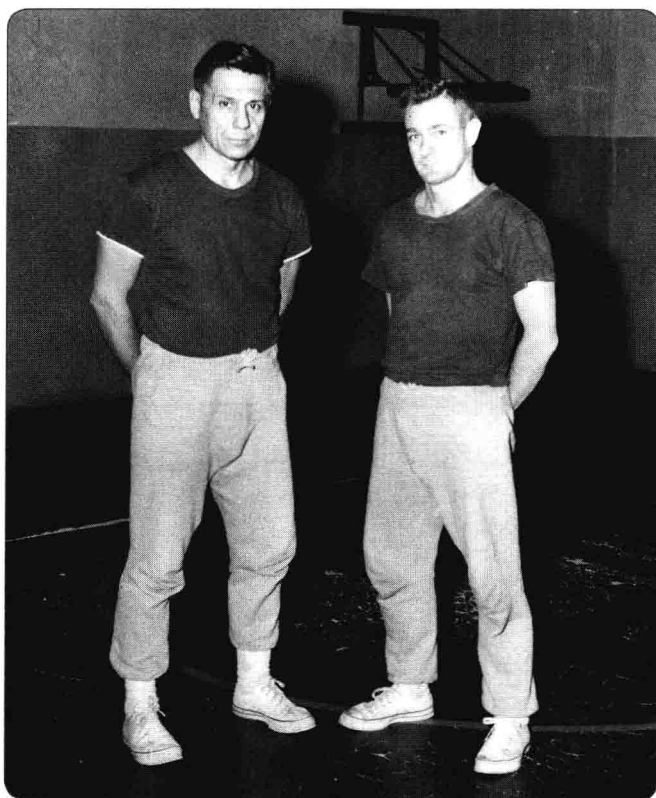
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This book is dedicated to the late coach Mal Paul and the late coach Lyman "Beans" Weaver of Shamokin High School in Pennsylvania. These men knew the significance of drill work for producing championship teams and wrestlers. As mat mentors, they not only developed winning athletes but also molded boys into men, epitomizing integrity, hard work, and perseverance. Coach Paul and coach Weaver have since been inducted into the Pennsylvania chapter of the National Wrestling Hall of Fame.



Mal Paul
Head wrestling coach
Shamokin High School
1946–1965

Lyman "Beans" Weaver
Assistant wrestling coach
Shamokin High School
1950–1965

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Key

Drill level of difficulty: ● = Novice; ●● = Intermediate; ●●● = Advanced

Drill category: (S) = Solitary; (P) = Partner

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Key

Drill level of difficulty: ● = Novice; ●● = Intermediate; ●●● = Advanced

Drill category: (S) = Solitary; (P) = Partner

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Key

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Foreword

I have the privilege to endorse the second edition of *The Wrestling Drill Book*. Dr. Bill Welker, editor, has created another edition of the volume that is even better in quality and quantity. Not only does it include the addition of many new wrestling and training drills, but it also incorporates two new chapters dealing with footwork and upper-body throws.

The chapter authors are successful high school and collegiate coaches from across the United States. These coaches have 400 years of combined experience in their areas of expertise. They develop their chapters in a step-by-step format that leads coaches and wrestlers from basic to complex drills. In fact, coaches and wrestlers are exposed to a variety of maneuvers and countermoves throughout the entire book.

The Wrestling Drill Book allows coaches of all levels (youth to international wrestling) to select the maneuvers that are suited to their wrestlers' individual abilities.

The book concludes with a chapter that provides coaches with preseason and in-season practice strategies that revolve around the drills emphasized in the book. It includes motivational coaching and evaluation techniques to keep the wrestlers focused on their goals throughout the season. Some great off-season activities will keep the wrestlers actively conditioning themselves for wrestling throughout the entire year.

The second edition of *The Wrestling Drill Book* is a great reference devoted to producing successful wrestlers and championship wrestling programs. They say sequels are rarely as good as the originals. Such is not the case with the second edition of *The Wrestling Drill Book*. You were smart in adding this book to your library!

Zeke Jones

Head coach of the 2012 U.S. Olympic freestyle wrestling team

World champion

Olympic silver medalist

Acknowledgments

I would like to thank every one of the coaching contributors who made *The Wrestling Drill Book* a best-seller. Their efforts on the first and second editions are greatly appreciated.

Thanks to Mike Dyer, strength and conditioning coach at Rocky Mountain High School in Colorado, who shared his expertise in the development of chapter 8, Conditioning. He provided terrific insight on the philosophy and technique of weightlifting. Mike also provided input regarding the athlete's core strength exercises. His ideas on wrestling-specific variations of lifting and conditioning were instrumental in the development of the chapter.

A special note of appreciation goes to the demonstrators—Ronnell Green, Joel Timmons, Abby Rush, Cody Miller, Ronnie Green, Bryce Rush, Eric Banks, Jonny Davis, Tyler Brown, Josh Cornell, Josh Sokolowski, Nathan Kirk, Matt Shurina, Jeremy Paige, and Doug Eddy—for their dedicated efforts during the photo and video sessions. Also, thanks to coach Larry Shaw and the administration at Oak Glen High School in New Cumberland, West Virginia, for the use of their mat room. We appreciate the expertise of coach Shaw as well as that of Coach Buzz Evans of Wheeling Park High School in Wheeling, West Virginia. Kudos to Ray Marling and Chris Diserio for their officiating expertise in the photo and video phase of the book. A special thanks to Wayne Hicks for his glowing tribute to the late coach Ed Peery, whose contributions to wrestling are nonpareil.

Thanks to Andrew R. Welker for his technological support. Likewise, appreciation goes to photographer Mark Anderman and videographer Gregg Henness for their undaunted patience. A special thank-you to my friends, the late coach Joseph J. Thomas and the late Sgt. Mark J. Gerrity, USMC, men who cherished every aspect of the sport of wrestling.

I also want to thank Human Kinetics staff members Jason Muzinic, Ted Miller, Holly Gilly, Anne Hall, Tyler Wolpert, Tina Kinder, Jennifer Mulcahey, Amanda Bryan, Bill Johnson, Keith Blomberg, Sue Outlaw, and Mary Rivers for their professionalism throughout the development of this book. They believed in my dream to produce a drill book of utmost benefit to wrestling enthusiasts at all levels of the sport.

A loving thank-you to my wife, Peggy, for her words of encouragement and patience from the beginning to the conclusion of this writing project. And finally, an endearing memorial thanks to our parents, William and Dorothy Welker and Howard and Margaret Bainbridge, who taught Peggy and me to believe in ourselves and to thank God for all his blessings.

Dr. William A. "Bill" Welker
Editor

Introduction

A fact of life in wrestling has been and will always remain the same: Champions are made in the practice room. The prime ingredient is *drill, drill, drill* during all wrestling workout sessions. This creates something akin to that elusive realm known as athletic perfection.

Without move perfection in wrestling, the wrestler who must think before reacting is lost. One high school coach put it bluntly: "If I have to yell at you what to do during a match, it's probably too late. That's why the hell we drill."

The bottom line is that wrestlers must have the desire to be number one. And that desire to be the best can be fulfilled only with a willingness to drill until a move becomes second nature, regardless of the phase of wrestling. Dr. Welker believes so strongly in the significance of drill work that he has composed the following success-oriented equation:

The 3 Ds = The 3 Ms

Dynamic drill development = maximum muscle memory

In essence, never underestimate the importance of drill work. Wrestlers often find drill work as the most boring aspect of wrestling. That is why, as the coach, you must constantly stress to your wrestlers the critical nature of drill work during every practice session.

This book presents wrestling drills that have proven advantageous via the test of time. They are founded on the essentials of the mat sport. The contributors of this book were determined to create a wrestling resource that would assist coaches at all levels in producing championship-caliber wrestlers.

The drills are based on the importance of proper hip positioning (or center of gravity) in all facets of wrestling, a fundamental aspect of the mat sport often overlooked by coaches. The drills are presented in a manner that leads the participants to the big picture of actual wrestling.

Chapter 1 concentrates on essential movement drills in the areas of takedowns, escapes and reversals, and riding and pinning combinations. It includes the corresponding counter drills for the various initial drills demonstrated. Coach Bill Archer, takes you step by step through each drill.

In chapter 2, a new addition to this book, Dr. Bill Welker and coach Larry Shaw discuss footwork by stressing agility, quickness, and balance. This chapter focuses on an area only modestly dealt with in other wrestling texts. It includes drills to improve wrestlers' maneuvering on their feet. As

we all realize, the wrestler who is better on his feet has the upper hand in any given match.

Chapter 3 addresses the all-important takedown. Coach Dave LaMotte guides you through various takedown situations. He also explains how to counter takedown attacks.

Chapter 4, also new for this second edition, covers advanced throws and takedown drills. Coach Larry Shaw and Dr. Bill Welker offer coaches a repertoire of upper-body moves, including the rarely discussed pancake takedown series, which can be performed by wrestlers of all shapes and sizes.

Collegiate coach Pat Pecora focuses on escapes and reversals in chapter 5. He also describes numerous counters to escape and reversal situations.

Chapter 6 centers on rides and pinning combination drills. The late coach Ed Peery and current coach of the Naval Academy Bruce Burnett share their vast knowledge regarding this area of wrestling. Experts in their field, Peery and Burnett develop the proper transition from rides to their complementary pinning combinations. Furthermore, they illustrate many countermaneuvers to various rides and pinning positions.

The emphasis in chapter 7 is on advanced pinning combination drills. Coach Jim Akerly and West Virginia University head coach Craig Turnbull give vivid descriptions of prepinning drills as well as advanced drills for pinning situations.

Chapter 8 presents a myriad of conditioning drills. This includes drills for strength, endurance, agility, flexibility, and cardiorespiratory enhancement. The purpose of these drills is twofold. First, the drills assist in developing wrestler conditioning. Second, they prepare wrestlers for live-action wrestling. Coach Ken Taylor, assisted by strength coach Mike Dyer, does an outstanding job emphasizing the importance of these conditioning drills to producing championship wrestlers.

Dr. Bill Welker's final chapter brings it all together. Chapter 9 demonstrates how to incorporate the many drills in this book into your daily workout sessions. It also presents a year-round road map that leads you from preseason practices to off-season activities. New additions to the chapters include group work during workout sessions, practice wrestle-offs (or eliminations), practice and wrestler evaluations, and models of preseason and in-season activities and practices.

The drills emphasized in this book have been developed and used for decades by highly successful coaches throughout the United States. They work because they are grounded on sound principles of wrestling.

As a responsible and dedicated coach, you know the level of knowledge and ability of the wrestlers under your charge. The format of this book allows you to choose those drills that would be most beneficial for your competitors.

Proper drill instruction breeds champions and winning teams in all sports at every level of competition. *The Wrestling Drill Book, Second Edition*, offers a drill-oriented approach to wrestling and will guide you in the right direction.

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Essential Movements

Bill Archer

“ *The way to avoid roadblocks to learning is to ask questions.* ”

Joseph J. Thomas

Wrestling, like most sports, is a competition made up of movements and involves the starting and stopping of motion. During the infancy of wrestling in America, coaches taught holds; today, coaches teach *moves*, or *essential movements*.

Essential movements in wrestling need to be drilled correctly and repeatedly in order for the wrestler to have success during competition. Thus the structure of drills must be such that the essential skills develop the ability to execute moves naturally.

The coaches' and wrestlers' attitudes toward the drilling process are of paramount importance. Letting wrestlers go slowly and thoughtlessly through the motions makes the drills lose much of their value. The coaches and wrestlers must perform drill work as closely to live wrestling as possible.

The following movement drills prepare wrestlers for those drills that promote perfection of techniques in all areas of wrestling. With the completion of movement drills, the wrestlers have a deeper understanding of proper movement when practicing drills in all facets of the sport. Introduce these movement drills at the beginning of the wrestling season. In the following movement drills, and the drills throughout the rest of the book, wrestler 1 and wrestler 2 will be referred to as W1 and W2.

MOVEMENT DRILLS IN NEUTRAL POSITION

There is no area in wrestling more important than the neutral position; matches are often won or lost in this area. Coaches need to place major emphasis on movement drills in the neutral position. If a wrestler is weak on his feet, he will be at a disadvantage during the rigors of competition.