

Creekview Youth Wrestling Syllabus

- I. Stance
 - a. Motion drills
 - b. Level changes
 - c. Penetration
- II. Penetration Step
 - a. Use the triangle method for teaching penetration step
 - b. Level change is the key for success
 - c. Deep step when penetrating
- III. Tie-ups
 - a. No tie
 - b. Inside control
 - c. Collar tie
 - d. Outside control
 - e. Wrist control

Takedowns

- IV. Double Leg
 - a. Drive through
 - b. Turn the corner (flair)
 - c. Blast
- V. Single Leg
 - a. Straight on; drive through
 - b. Sweep
- VI. Duck Under
 - a. Collar tie
 - b. Outside control

Bottom Position

- VII. Stand-up
 - a. Outside leg
- VIII. Switch

Top Position

- IX. Half/ far wrist
- X. Nearside Cradle
- XI. Farside Cradle
- XII. Arm Bar

Breakdowns

- a. knee slide
- b. near arm far ankle
- c. claw
- d. chop