

Systematic Offense

Being systematic in your offensive approach helps wrestlers develop and maintain match strategy and match management. Systematic offense uses the following steps

1. Tie/Set up
2. Initial leg attack (lead leg side)
3. Secondary leg attack (trail leg side)
4. Fake to snap and score

Asking wrestlers to identify the above steps helps them to recognize where they can score and begin to develop their own system. We believe it is crucial to a wrestler's development to cater to their strengths. The coach's job is to provide guidance and knowledge to those strengths.

Here is an example of an offensive system.

5. Tie/Set up
 - a. Collar tie
 - b. Under hook
 - c. Wrist control
6. Initial leg attack
 - a. Head outside attacks
 - i. High Crotch
 - ii. Double
7. Secondary leg attack
 - a. Head inside attacks
 - i. Low single
 - ii. Low double
 - iii. Ankle pick
8. Fake to snap and score (keys to an effective fake)
 - a. Level change
 - b. Penetration
 - c. Beat nearside hand

Scoring in Transition

Transition positions are positions right before or right after points are scored. Incorporating transition positions into your drilling helps wrestlers solidify takedowns, takedown opponents to their back, mat returns to near fall points, linking turns to other turns.

Takedowns to Anchors

Anchors to near fall

Near fall to anchors to near fall

Mat Returns to anchors

Mat Returns to near fall

Escapes to a takedown

Hard Cuts to takedowns

Choreographed Drilling

Choreographed Drilling increases wrestlers' technical vision. It helps them see key positions as they approach. It also gives wrestlers an opportunity to be creative and develop chains of moves that fit their style. We believe it is very important to cater to wrestler's strengths and guide them along that path. Here are a few choreographs we use regularly.

1. *Dominant Ties*
2. *Hip up Drill*
3. *Far Ankle Drill*

Coaches can also incorporate several focus areas into a single choreograph. Ask yourself, "What three areas do we need to work on?" Develop choreograph that links these three areas together (See below).

1. *Dominant Tie to leg attack*
2. *Hip up drill*
3. *Far ankle scramble*

Coaches remember your choreographs don't necessarily have to include specific techniques but concepts or philosophies. All three of these choreographs are concepts/philosophies, not simply just one technique. For example, it is our philosophy that we dominate the hand fight with dominant ties. If someone asked what a dominant tie is, one could list off collar tie, Russian, under hook, etc.