

## Practice Planning

There are numerous ways to structure a wrestling practice and we change the structure often to keep the wrestlers fresh. However, I'd like to share with you a sample plan to give you an idea of what the typical practice will look like.

- **PRACTICE DESIGN FOR MONDAYS, TUESDAYS, THURSDAYS AND FRIDAYS:**

**3:30 to 3:40 P.M.** (10 minutes): Reporting to Practice at Northglenn High School we limit this time span to just 20 minutes. Once they report to the practice room we take attendance (our student managers do this as they enter the room). Wrestlers can get their 6 minutes of rope jumping in or make sure they are ready for the start of practice. *They might be addressed by me or another coach regarding any topics of importance and what they can expect in practice that day.*

**3:45 to 4:10 P.M.** (25 minutes): We start actual practice with an active warm-up lead by a coach.

**4:10 to 5:00 P.M.** (45 to 55 minutes): This part of practice utilizes demonstration of technique.

*(2 minute Break):* After technique we give our wrestlers a few minutes for a restroom break and/or water break.

*\*When they return we have them work on something they need to improve - this gets their heart rates up again.*

**5:05 to 5:35 P.M.** (30 to 45 minutes): The conditioning workout, or full competition, hard drilling. Length of time can vary on this depending on the day of the week.

**5:35 to 5:45 P.M.** (10 minutes): The last segment of practice is where we work on the wrestlers conditioning and complete practice with some drills that are intense to improve strength and cardiovascular.

**5:50 to 6:00 PM** (10 Minutes) **SHOWER** in the locker room with shampoo and soap. Get dressed to go home.

This is a pretty typical practice for us. Our practice time is longer at the start of the year and will be shortened towards the end of the year.

- **PRACTICE DESIGN FOR WEDNESDAYS:**

**6:00 to 6:10 A.M.** - Hand fighting, drilling to warm-up.

**6:10 to 7:15 A.M.** - LIVE WRESTLING - Groups of 3 or 4, live matches, situations.

**7:15 AM to 7:45 A.M.** - **SHOWER** in the locker room with shampoo and soap. Get ready for school. You must be to first hour on-time.

- **PRACTICE DESIGN FOR SATURDAYS:**

Practices on Saturday or when we do not have school will look similar to Mondays but we will usually practice from 8:00 to 10:00 AM

- **PRACTICE DESIGN FOR MORNING PRACTICES:**

**6:00 to 6:40 A.M.** – Conditioning or Lifting. Could run the stairs or outside.

**6:45 AM to 7:05 A.M.** - **SHOWER** in the locker room with shampoo and soap. Get ready for school. You must be to first hour on-time.