



RESPECT ALL*FEAR NO ONE

Grappling Gator Conditioning Drills



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Tapeline Drill

Perform this drill in the wrestling room over the length of two mats or seven tapelines (including the far wall), each about 15 feet apart. Starting at one end, the wrestlers sprint to the first tapeline, touch it and then sprint back to the starting line and touch it. They follow this pattern for each tapeline over the entire length of the room. Method of recovery for this drill, which is a 3:1 time ratio. For example, if it takes a minute to a minute and a half to complete the length of the mats, the team rests for 3 to 4 minutes before the next rep.

"If you shorten the recovery, then you start to work the aerobic system and that is not what we are trying to train," . "We are trying to work the anaerobic system, and without the appropriate rest, you will not get the proper quality of the drill."

Perform 4 to 6 reps of this drill. If there is only one mat in the wrestling room, run the length of the mat twice to constitute one rep.

Stance and Motion Drill

Sometimes referred to as phantom or shadow wrestling, this drill simulates having an imaginary opponent.

Wrestlers get into a solid wrestling stance with knees bent and hands in front. Then, they shuffle in all directions. While in that stance and moving, take "shots" or "sprawl." When shooting, the wrestlers take a double-leg or high crotch shot (wrestler's preference) at the imaginary opponent. When sprawling, the wrestlers sprawl back as though avoiding a shot. Continues this drill for 1 to 2 minutes for about 15 shots and sprawls each. Perform 10 reps of the drill with an approximate 3:1 recovery ratio.

Foot Speed Circuit

"When you are tired in a match, the reason you get taken down is because you are not moving your feet," So, to keep you off your backs, work on foot speed for an extended period of conditioning. All the drills are performed over a tapeline. The wrestlers go through a circuit, performing each drill for 30 to 45 seconds and resting for 45 seconds to a minute. Perform as many repetitions as possible during the allotted time. When anaerobic threshold increases, add 2 to 3 sets of knee-ups at the end of the circuit to increase difficulty.

Lateral Hops—Hop side to side over the line with the feet together.

Front to Back Hops—With feet together, hop forward and backward over the line.

Foot Fires—Chop feet in place as fast as possible.

Knee-Ups—Jumping as high as possible, bring the knees to the chest. Repeat immediately upon landing.

Right Leg Lateral Hops—Hop using only the right foot.

Right Leg Front to Back Hops—Hop using only the right foot.

Left Leg Lateral Hops—Hop using only the left foot.

Left Leg Front to Back Hops—Hop using only the left foot.

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