



WRESTLINGVAULT
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Community Based Youth Wrestling Promotion

Kyle Waldo & R.J. Boudro



MISSION:

To give every wrestling coach and program the opportunity to teach exercises, games, and techniques to the youth in their community during the 2020-21 wrestling season. The activities in the video playlist, link to the videos that are suitable for cross-training in all sports.

Vision: For wrestling coaches to send this promotion out to all of the families in their school district as a way to get youth involved with the sport of wrestling. If coaches are able to have a youth practice season, they are welcome to use the videos to help run their practices.

Youth Wrestling Philosophy: For ages 4 to 8 years old it is important for kids to understand body control and to build on their athleticism while slowly introducing competition. Use our video wrestling exercises and techniques to get youngsters interacting with others while building body control, strength, and having fun. The goal for the Lowell Wrestling program is for everyone who participates to have a positive experience with our program. If someone wants more competition, we will help them find access to it.

VIDEO PLAYLIST

[1. Push Up](#)

- Have your kids do 10 when they wake up and 10 before they go to bed.

[2. Hip Heist](#)

- Set a clock for one minute and have your kids move around in a bear crawl and crab walk while they hip heist. Use a whistle and have them hip heist on every whistle.

[3. Bridge - Walk Over & Rotation](#)

- Set a timer for one minute and see how many your kids can do. Try to improve their number each week.

[4. Base - Flips](#)

- See how many your kids can do without stopping and try to improve their number each week.

[5. Base - Sit Ups](#)

- Try to make sure your kid's head touches the ground each time. See how many reps they can do without stopping.

[6. Chicken - Hop On One Leg](#)

- Play 'King of the Ring' with this and see who is the last person standing. Or have your kids go best of 3 to see who has to do the dishes or vacuum the living room.

[7. Forward Roll & Backwards Roll](#)

- Focus on form here. Work up to using no hands on forward roll. On backward roll, the goal should be to push up into your stance.



8. Ride the Bull

- ♦ Set the timer and see who can last the longest on Mom or Dad. Great workout for everyone!

9. Wrestling Stance - Explanation & Technique

- ♦ Learn how to teach the wrestling stance to anyone. Once kids know their stance, have them move around side to side, forward and backward while keeping their dominant foot forward the entire time.

10. Down Up/Sprawl

- ♦ Great way to work on position while playing a game to see who has the fastest down-up.

11. Shoot Through Leg

- ♦ See how many your kids can do in one minute!

12. Ankle Tag

- ♦ Play 'King of the Ring' with this and see who is the last person standing. Or have your kids go best out of 3 to see who has to do the dishes or vacuum the living room.

13. Double Leg - Explanation

- ♦ Take this slow and make sure your kids cover every step before you let them just hit double legs on their own.

14. Cow Catcher

- ♦ Start with learning technique and make sure each kid takes it step by step.
- ♦ Situation Wrestling - Have your kids start with one person on all 4's and the other with a hand on the chin and the other arm hooked, and then wrestle for 15 to 30 seconds.

