Zimmerman Youth Wrestling - 2009/2010					Skill Levels:	beginner	basic	proficient				
updated 10/1/2009	Practice Dates											
	1-Dec	3-Dec	8-Dec	10-Dec	15-Dec	17-Dec	22-Dec					
Match Basics												
neutral positon (standing)												
referee's position												
down position												
up position												
scoring												
Basic Skills - from the feet												
posture												
head up, elbows in, hands forward												
feet shoulder width, knees bent												
weight on front of feet												
motion and setups												
shuffle (left-to-right, right-to-left)												
changing levels (up-down)												
spin move(s)												
underhooks												
penetration												
center-step (double leg)												
center-step (inside single)												
outside-step (outside single)												
outside-step (sweeping single)												
leg protection and counter												
post with hands												
wrist control												
sprawl												
Basic Skills - top referee												
position												
pressure - chest on back												
head up, hands inside												
on knees or toes												
stay behind opponent												
breakdowns												
heel pick and drive (chop arm)												
heel pick and drive (deep waist)												
far knee and far ankle												
spiral ride												

Basic Skills - bottom referee												
position												
wide base, head up												
elbows in, wrist control												
back straight, shoulders back												
standups												
inside leg first												
wrist control												
foot movement, change levels												
sitouts												
get separation												
wrist control												
inside position												
Moves and holds												
setups												
snapdown & go-behind												
duck unders												
schuck												
arm drag												
takedowns												
double-leg attack												
single-leg attack												
hi-single attack (snatch)												
hi-crotch attack												
fireman's carry attack												
low ankle												
knee pick												
headlock and counters												
takedown counters												
sprawl & cross-face												
front headlock												
whizzer												
quarter-nelson												
escapes & reversals												
standup												
sit-out backdoor												
sit-out rolls												
sit-out switch												
standing switch												
pinning combinations												
half-nelson and reverse half												
near-side cradle												
far-side cradle												
thread-the-needle												
arm bars												