

Drill like a Champ

This is the whole enchilada....

The **one key to rule them all, and in the darkness, Bind them.**

Its the sole biggest attribute you can have that can elevate your game faster than any move, technique or skill known to wrestling.

In my 30+ years of experience training wrestlers, I've never seen an athlete *not* jump levels quickly after learning, and then applying this one critical attribute.

Its not as simple as "work really hard", although that's certainly part of it.

It involves learning all the intricate methods to accelerate your training efficiency....

getting *more* reps - and *better* reps - **every time.**

It also involves being a **great partner.**

The kind of partner a coach can pair with anyone in the room - and *both athletes improve.*

First though, a little side note....

The original title of this report was "Train like a Champ" - you have probably noticed that its now titled "Drill like a Champ".

That's because, *training* like a champ involves a lot of aspects - too many to cover in this short report. Your first step IS **drilling like a champ.** Nothing else matters if you don't have this ultra important attribute. So the focus of this report is that first critical attribute.

Onward we go!

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The Attitude

Regardless of what may have taken place prior to your training session that day...including but not exclusive:

- Twisted your ankle
- Failed a test
- S.O. broke up with you
- don't feel your best today
- Anything else that could mess with your head

Your very first step is....

Clear your head!

What happened prior, can have *no impact* on your workout. The only thing that matters is being mentally ready to *have your best session*.

If you are not able to Clear your head from all the outside distractions...

You are putting up barriers to success that are hard to break down!

Develop your obsession for excellence.

While physically more challenging, it is mentally as easy to become obsessed with **strong training habits** as with *building barriers to success*.

All you do is do it one time. Then...

Lather, rinse, repeat.

Now that you're ready to give it your best...

The Five Phase process of success

This is the 5 step process to Excelling and winning...in wrestling and as well as other aspects of one's life.

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There are five phases that every wrestler has to go through in order to be able to use any technique they have been taught. It IS the true secret to winning in wrestling...and in life.

- **The Discovery phase:** See the technique and get the details
- **The Walk-through phase:** Drill it and get the steps down
- **The Speed Drill phase:** Speed Drill it at match speed
- **The Live practice phase:** Execute the technique in a live practice setting
- **The Execution phase:** Execute the technique in a live match setting

Phase One is my part - I demonstrate the skill to you.

Phase Two, the walk-through phase

Phase Two, the walk-through phase, is where we are developing a new skill - walking through it at a slower pace so we capture all the details. This is usually a back and forth drilling period - one partner, then the other.

This is *not* the time to throw in counters or extra pressure. Athletes should both be getting familiar with the skill and working to accurately execute it at a slower level.

This is where being a great partner is critical. If one partner *gets* the concept, he can help his partner grasp it as well - also learning the skill at a deeper level while he's helping his partner. Here's where that familiar phrase comes in - *you learn at on a much deeper level by having to teach it to someone else.*

Added benefit - once your partner grasps the concept, he's ready to give you a better drill in....

Phase Three: The Speed Drill

This is where we drill the skill at match speed.

We start our speed drilling like this: #1 guy, **Ready** - GO!

Here's what Ready means:

- In stance/position for the drill. (Ready equals Stance)
- Give the opponent the right look (if we're drilling Clear the arm, partner has his hand on your head)

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Tricks and Tips to getting the most out of drilling

Practice good motion and position on reps. This extra re-enforcement builds automatic ‘good positioning’ into your wrestling.

Examples:

- base up when taken down
- Hip heists when you land - recover quickly so you can get back into position.
- recover to stomach instead of back
- Hands positioned well for recovery
- Granby-circle and return - see below

During your drill period, your goal is for you and your partner to execute as many *correct* reps as you can. The more correct reps, the *better you get faster*.

Here are a few move-specific examples:

- Granby + bear-circle - means circling away from your opponent when you granby. Also: circle back to recover to position so you work the other side, and you are ready for the next rep
- Turn the corner *every time* you drill a Hi-crotch or double (instead of what a lot of people do, which is getting to the leg and stopping).
- **Look into** the finish (see the back of his head) every time you hit a hi-c or double
- Single leg - *always* turn the corner and *never* stop your motion until your knee makes contact with his leg (or, your hip hits his hip)
- Handfight finishes with level change (every time he makes contact with you, it gives you a scoring opportunity. You are re-enforcing that you are attacking next).
- Always lock hands (gable grip, or ‘prayer grip’ if you attend a religious school) correctly on every single leg.
- Shelf your single-on-the-mat finish every time (never settle for just ‘doubling off’, which looks cool but is *never* there on the good kids)
- Finish takedowns with the **takedown** (re-enforce scoring points)
- Go behind - near arm back hand near hip - *every time*
- Standups - always finish with a cut-through and **level change** (train your body to *automatically* defend the re-shot, and be prepared to *attack them immediately* as well)
- Peterson - *always* straighten the arm when you finish
- Sprawls - always hit the thigh and hip bone and circle (too many wrestlers cut it short)
- Fake shot - always deep level change. Otherwise you are actually doing nothing

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How to be a great Partner

Be the kind of partner the coach can pair with anyone in the room - and both of you make strides.

Here are some core drilling principles:

- Drilling is not live
- He never waits for you
- **Ready** means always in position for the drilling
- Maintain great position
- Don't give him looks that aren't part of the drill (aka ,we're not defending the 3rd counter right now. We're walking through it. Or speed drilling one core aspect.

There will be times where you're not paired with your 'ideal' partner. Perhaps you have a less experienced, less skilled partner. You still need a great workout - and so does HE.

Here's how to help the less experienced partner:

- Help him with technique - guide him through it if need be (for instance - tapping his shoulder and tugging him through the right direction on granby).
- Moving a hand to the right spot, or helping him move the right direction, until he gets it.
- **Patience and positivity**. We were all, at some point, the *less experienced one*. Here's your chance to Pay it Forward (and benefit in the process).
- *You learn more from teaching than from doing. Helping another, means gaining a deeper understanding of the skill.*
- Move like a wrestler aka moving the leg back (not a "hard sprawl" though) when the opponent is drilling a takedown, putting in a soft whizzer which forces him to drop his elbow
- Give him the right *Good wrestler* looks. Reference the above list
- Encourage the above tactics when working with him (sometimes physically guiding him)

Here's how you make sure he helps you improve.

You can take some simple steps to help your partner help you. Such as:

- Learn to quickly 'position' him where he needs (put his hand on your head for countering heads ties for instance).
- Keep working to instill that same "ready" mindset that you have instilled in yourself.

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- Positivity makes a huge difference! Encourage and compliment when he's working well with you. Doing so ensures you will see more of it.

When you help another athlete become a good partner, you just gained another good partner yourself.

Randy "System King" Simpson

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