

Training to Scramble and Explode in Wrestling

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Every wrestler develops his own style. Some are slow and controlled. They may think about each new position they want and avoid all other. Other wrestlers like to scramble. The faster the pace and the more positions they can get into, the better they

like it. As competitor, I often like the second approach - - the scrambling and exploding way. I found that there were specific ways to train that would increase my ability to win with this style. I suggest approaching four areas with this style in mind.

1. Drilling

Scrambling can be learned through drilling of wrestling moves. The normal way to drill is to do 5 doubles, 5 singles, 5 firemen, etc. Instead, fake one and finish