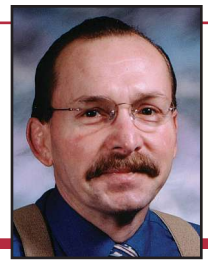


Round-Robin Wrestling

By Dr. Bill Welker



Round-robin wrestling is an action-packed workout. One advantage to round-robin wrestling is that the entire squad participates simultaneously. This routine involves the following procedure:

1. Divide the team into groups of five wrestlers who weigh as close to each other as possible.
2. Assign a number from 1 to 5 to each wrestler in the group.
3. Wrestler 1 steps in the center of his group. He is given 30 seconds to score a takedown on each member of his group as follows:
 - wrestler 1 vs. wrestler 2
 - wrestler 1 vs. wrestler 3
 - wrestler 1 vs. wrestler 4
 - wrestler 1 vs. wrestler 5
4. If a takedown is scored in less than 30 seconds, the participants stand up and go at it again (and again) until time has expired.
5. Then wrestler 2 does the same with

wrestlers 3, 4, 5, and 1. The process continues until everyone in the group has spent his time in the middle.

6. This round-robin session would include wrestling in the referee's position, emphasizing escapes, reversals, rides, or pinning combinations.
7. The inactive wrestlers for each group may act as spotters, protecting the active wrestlers from going out of bounds or colliding with other pairs.

As you can visualize, round-robin wrestling consists of a very invigorating workout. The prime objectives are quite obvious: conditioning and further skill development. Following are some interesting variations that make this alternative wrestling strategy even more intriguing:

1. Each group member as the primary wrestler would be required to counter maneuvers directed toward him by his round-robin rival, per covert instructions given to his practice opponents from the coach. This would encompass counter-moves from both the neutral and refer-

ee's (bottom and top) positions.

2. The inactive wrestlers in the group could be instructed to run in place, rather than just stand there.
3. The coach could include an intragroup competition of the round-robin exercise by keeping track of who has the most takedowns (for example) in each group during the session workout. One appropriate incentive would be to exempt the winning wrestlers from closing exercises.

Of course, the creative coach may come up with even more novel approaches to enhance the round-robin experience. That's fantastic! Just remember to follow the previous guidelines, and it will be a productive and successful substitute to the traditional workout scheme.

Note: This excerpt is from The Wrestling Drill Book (Chapter 7 Effective Practices and Off Season Activities) which can be purchased by contacting Dr. Bill Welker via his e-mail: mattalkwo@hotmail.com.

Next Issue: Blindfold Wrestling.



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