

Choreographed Drilling

Choreographed Drilling increases wrestlers' technical vision. It helps them see key positions as they approach. It also gives wrestlers an opportunity to be creative and develop chains of moves that fit their style. We believe it is very important to cater to wrestler's strengths and guide them along that path. Here are a few choreographs we use regularly.

1. *Dominant Ties*
2. *Hip up Drill*
3. *Far Ankle Drill*

Coaches can also incorporate several focus areas into a single choreograph. Ask yourself, "What three areas do we need to work on?" Develop choreograph that links these three areas together (See below).

1. *Dominant Tie to leg attack*
2. *Hip up drill*
3. *Far ankle scramble*

Coaches remember your choreographs don't necessarily have to include specific techniques but concepts or philosophies. All three of these choreographs are concepts/philosophies, not simply just one technique. For example, it is our philosophy that we dominate the hand fight with dominant ties. If someone asked what a dominant tie is, one could list off collar tie, Russian, under hook, etc.