

Creekview Wrestling

“Winning the Tough Match”

I Strategy – 1 or 2 pt lead

1. Attack if you are riding, don't just hang on. Look for switches and rolls
2. Be alert and ready especially on the whistle!
3. Step in on the whistle (pressure in good position) for the takedown.
4. Use the edge of the mat to your advantage.
5. Don't get taken down with a single or double at a crucial time.
 - a. With a few seconds left be in a low staggered stance
 - b. Be ready for the shot and score, Block & Spin, Snap & Spin, and Front Headlock. Defend lead hand.
6. Go into overtime if needed (look forward to winning overtime matches)
7. Don't dumb it up! Know your position
 - a. Give up 1 not 2
 - b. Give up 2 not 4 or 5

II Stalling with 1 or 2 point lead

1. Keep your attack
 - a. Only take high percentage shots
 - b. Be ready to back out of a bad shot
2. Hold your ground, staggered stance, and circle in the middle.
3. Control tie ups, tie up his lead hand.
 - a. 2 on 1 look for snatch single or post & go behind
 - b. Shuck and look for easy takedown
 - c. Be ready to defend firemans carry, headlock or lateral drop
4. Use the edge of the mat, circle in and take your shot going out of bounds
5. Stand up on bottom, and stand, and stand, and stand

III Opponent Stalls – you are down by 1 or 2 points

1. Take good shots (use good set ups), take shots into the center of the mat.
2. Make solid attacks that can be observed by the official
3. Don't waste time
 - a. Clear tie ups quickly (Shucks & Snaps and look to score)
 - b. Use the edge of the mat; go out of bounds to get a new start.
4. Be ready to set up and use your best attack. Have a second attack ready if your best doesn't work. (Opposite leg)

IV Beating a much tougher opponent

1. Be in great shape so you can keep moving faster than your opponent – Push the pace of the match
2. Stay on your feet and off your knees.
3. Don't shoot under your opponent.
4. Use “Slick” attacks, go over (Snaps) or around (Drags, shucks) your opponent.
5. Use the edge of the mat to your advantage. Always look to score on the edge when opponent relaxes.
6. Use 2 on 1 tie ups to: slow down, wear down and frustrate opponent
7. Defend lead hand and use short offense attacks to score. Front headlocks, block & spin, Short drags.