



WRESTLING MAT CLINIC

Movement

1. Keep your feet moving
2. Stay upright-don't bend over unless you are looking into a situation
3. Be smooth
4. Don't run
5. Be confident
6. Anticipate where the action will go
7. Neutral position-look in between the wrestlers
8. Mat wrestling be toward the head of the wrestlers
9. Learn to backstep, this techniques change angles without too much effort
10. Avoid stepping into the wrestlers try to work right and left

Scoring Points and Actions (see the NFHS Sequencing)

1. Score the points first
2. Announce the points-ex. 2 red-takedown-turn your fingers
3. Keep moving so you can observe the head table to make sure they scored the points
4. Keep the score in your head
5. Go over **NFHS Sequencing #8, #9, #10, #11, #12, #13, #14, #15**

Positioning

Neutral

1. Stay in between the wrestlers-looking through them
2. Work to the outside as much as possible-not into the wrestlers
3. Work the edge of the mat until you have to move in
4. Keep the table as accessible/view as possible, in case you need to take a look at score and time
5. Out of bounds calls-straddle the out of bounds line
6. Use the proper sequence when blowing them out of bounds verbalize position on the return
7. Out of bounds don't be in tight-give yourself room for a wide view-don't tunnel vision yourself
8. Also don't get kicked or run over
9. Don't turn you back on the wrestlers

Referees Position

1. How to set them into proper position
2. To start, be in front position so both wrestlers can see you
3. Develop your style for hand signal to start the match
4. Blow whistle then move-sometimes it is a guess on the direction they will go

Pinning Position

1. Typically you should be toward the head looking in
2. Arm Bars, Inside cradle, outside cradles position is sometime different
3. Pinning position when defensive man is out of bounds but can be pinned-look for offensive man knees are inbounds
4. Don't be too close-don't get kicked

Tough/unique Positions

1. Defensive pins, from a guillotine, from a double cradle, from a bridgeback
2. Double winglock
3. Granby
4. Crotch lock counter-what to look for control
5. Headlock legal and illegal
6. Hammerlocks legal and illegal
7. Chicken wing-legal and illegal
8. Scissor on the head illegal-except draping scissors
9. Arm trap when they stand
10. Toes in on takedown
11. Neck wrench
12. Inside leg trap and control
13. Blair ride
14. Scramble-how to hold your call, use no control signal
15. Scramble from control situation-point who is in control1
16. When to call stalemates

