

# Wednesday Wrestling Workout – Agility

By Jon Gums – Dakota Grappler

Here's a Wednesday Wrestling Workout routine focusing solely on agility drills to enhance speed, quickness, and reaction time for both boy and girl wrestlers. The workout is designed to be completed in one hour and includes a warm-up, drills, and a cool-down to maximize agility development. After researching several sites about agility this is what I came up with, enjoy!

## Wrestling Agility Drill Routine (1 Hour)

### Warm-Up (10 Minutes)

1. **Dynamic Stretching (5 minutes):**
  - **High Knees:** 2 sets of 30 seconds
  - **Butt Kicks:** 2 sets of 30 seconds
  - **Leg Swings:** 2 sets of 10 each leg (forward/backward and side-to-side)
  - **Arm Circles:** 2 sets of 10 each direction (small to large)
2. **Ladder Drills (5 minutes):**
  - **Two Feet In/Out:** 2 sets (focus on quick footwork)
  - **Side Shuffle:** 2 sets each side
  - **Icky Shuffle:** 2 sets (maintain control and balance)

### Agility Drills (40 Minutes)

1. **Cone Drills (10 minutes):**
  - **Four-Corner Cone Drill:**
    - Place cones in a square about 5 yards apart.
    - Sprint to the first cone, shuffle to the second, backpedal to the third, and then sprint back to the start.
    - Repeat 3 times with a 30-second rest between sets.
  - **Zig-Zag Drill:**
    - Set up cones in a zig-zag pattern.
    - Sprint in and out of the cones using short, quick steps.
    - Repeat 3 times with a 30-second rest between sets.
2. **Shadow Wrestling Drill (10 minutes):**
  - Practice quick, explosive movements in a wrestling stance.
  - Move side to side, front to back, changing levels as if reacting to an opponent's moves.
  - Perform 4 sets of 2 minutes with a 30-second rest between sets.
3. **Lateral Plyometric Jumps (5 minutes):**
  - Jump side to side over an imaginary line or low hurdle.
  - Focus on speed and controlling your landings.
  - Perform 3 sets of 20 jumps with a 20-second rest between sets.
4. **Reaction Ball Drill (5 minutes):**
  - Use a reaction ball (an irregularly shaped ball) that bounces unpredictably.

- Stand in a wrestling stance and catch the ball after it bounces.
  - Perform 4 sets of 1 minute with a 30-second rest between sets.
- 5. Resisted Sprint Drill (5 minutes):**
- Partner up or use a resistance band around your waist.
  - Sprint forward as your partner applies resistance, then release the resistance for a short burst sprint.
  - Perform 4 sets of 20-second resisted sprints followed by a 10-second burst, with 30-second rest between sets.

### **Cool-Down (10 Minutes)**

- 1. Light Jogging (3 minutes):**
  - Gradually decrease the pace to bring the heart rate down.
- 2. Static Stretching (7 minutes):**
  - **Hamstring Stretch:** 30 seconds each leg
  - **Quad Stretch:** 30 seconds each leg
  - **Hip Flexor Stretch:** 30 seconds each side
  - **Calf Stretch:** 30 seconds each side
  - **Shoulder Stretch:** 30 seconds each arm
  - **Neck Stretch:** 15 seconds each direction

This routine will help wrestlers enhance their agility, speed, and quick reaction abilities, all crucial for quick movements and changing directions on the mat. Remember to stay hydrated and listen to your body throughout the workout!