



SA Wrestling

Long Term Participant Development

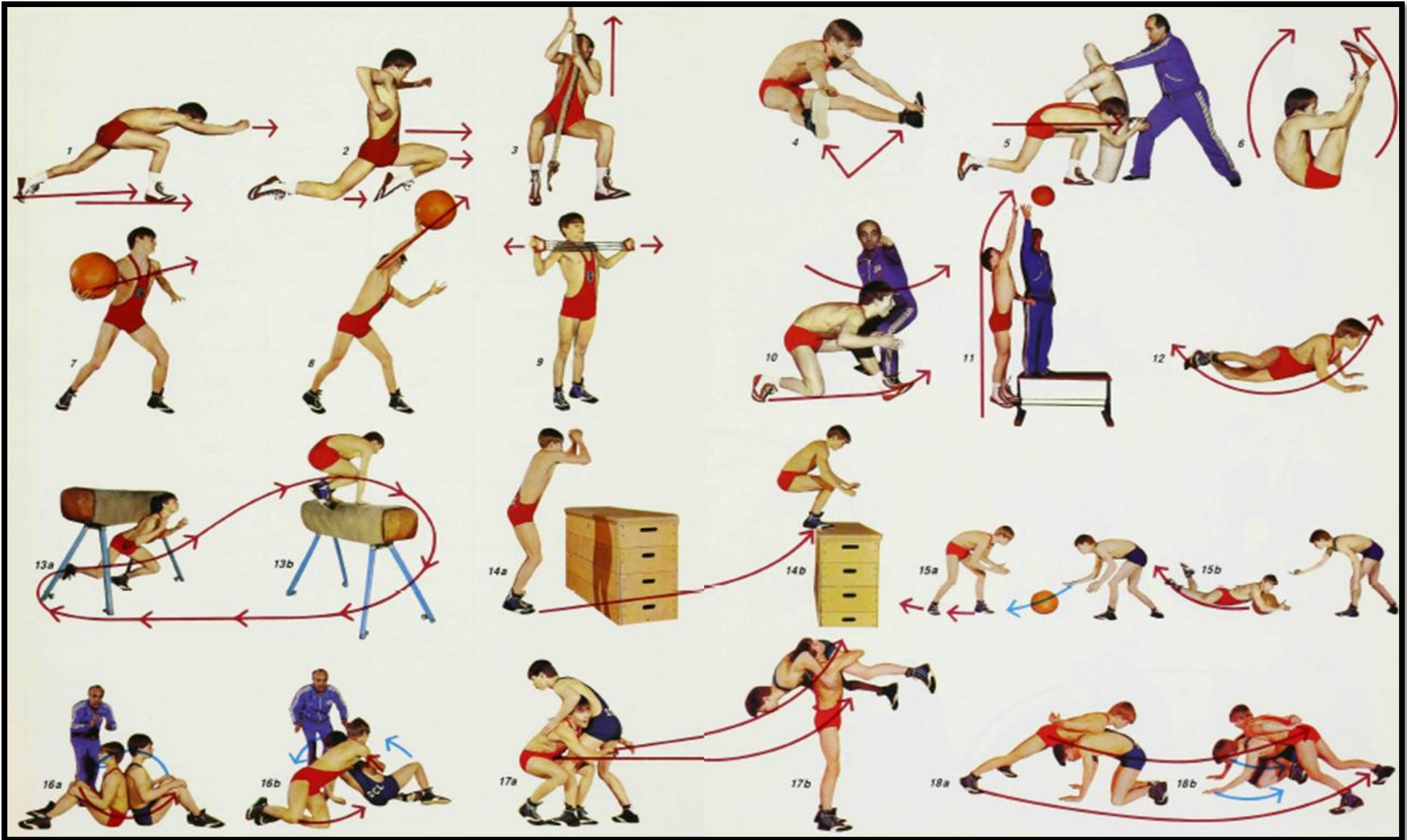
Five S's for L2T & T2T phases DRAFT

Annual Plan

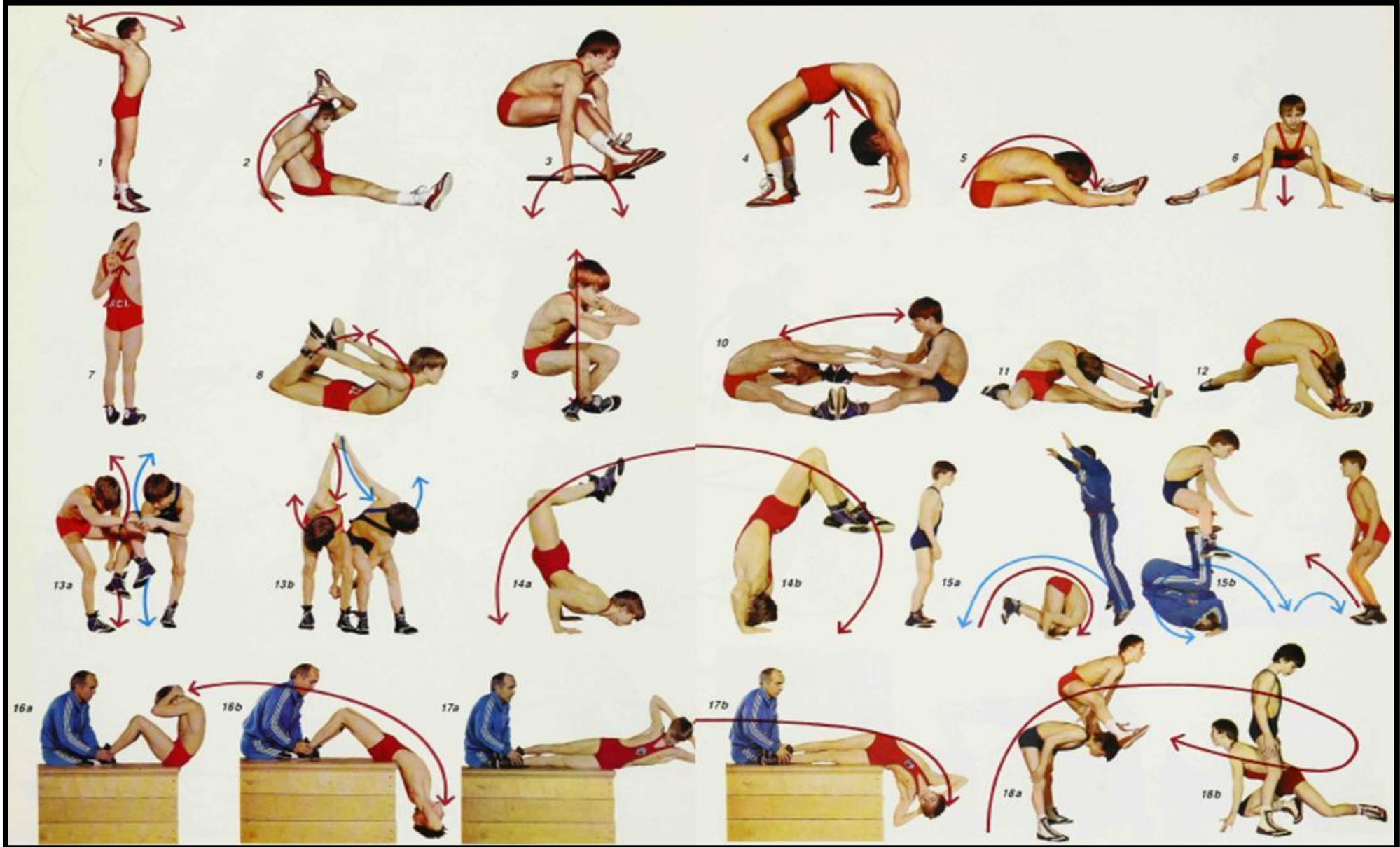
	No.	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
Type a number of Exercises	Speed	30%	30%	25%	20%	20%	20%	20%	15%	15%	15%	15%	Summer Holidays
	Agility & Quickness	20%	15%	158%	10%	10%	10%	5%	5%	5%	5%	5%	
	Strength	15%	10%	10%	10%	10%	5%	5%	5%	5%	5%	5%	
	Performance of Falls	0%	5%	5%	5%	5%	5%	5%	5%	0%	0%	0%	
	Performance of Bridging	5%	5%	5%	5%	5%	5%	5%	5%	5%	5%	5%	
	Exercises for wrestling on the Mat	10%	10%	15%	15%	15%	15%	15%	15%	15%	10%	10%	
	Basic Positions & Actions for	20%	15%	10%	10%	5%	5%	5%	5%	5%	5%	0%	
Type a number of Techniques	Σ 9-38		10%	15%	25%	30%	35%	40%	45%	50%	55%	60%	
	9-38		9; 10; 27; 28	9; 10; 27; 28; 11; 34	9; 10; 27; 28; 11; 34; 12; 35	11; 34; 12; 35; 16; 30	12; 35; 16; 30; 17; 33	16; 30; 17; 33; 14; 31	17; 33; 14; 31; 19; 36	14; 31; 19; 36; 13; 32	19; 36; 13; 32; 15; 29; 38	13; 32; 15; 29; 18; 37	
Competitions	Learn to Train (L2T)	0	0	0	x	0	x	0	x	0	x	xx	
	Train to Train (T2T)	0	0	0	x	0	x x	0	xx x	0	xx	xxx	

Note: L2T and T2T phases include Club Competitions

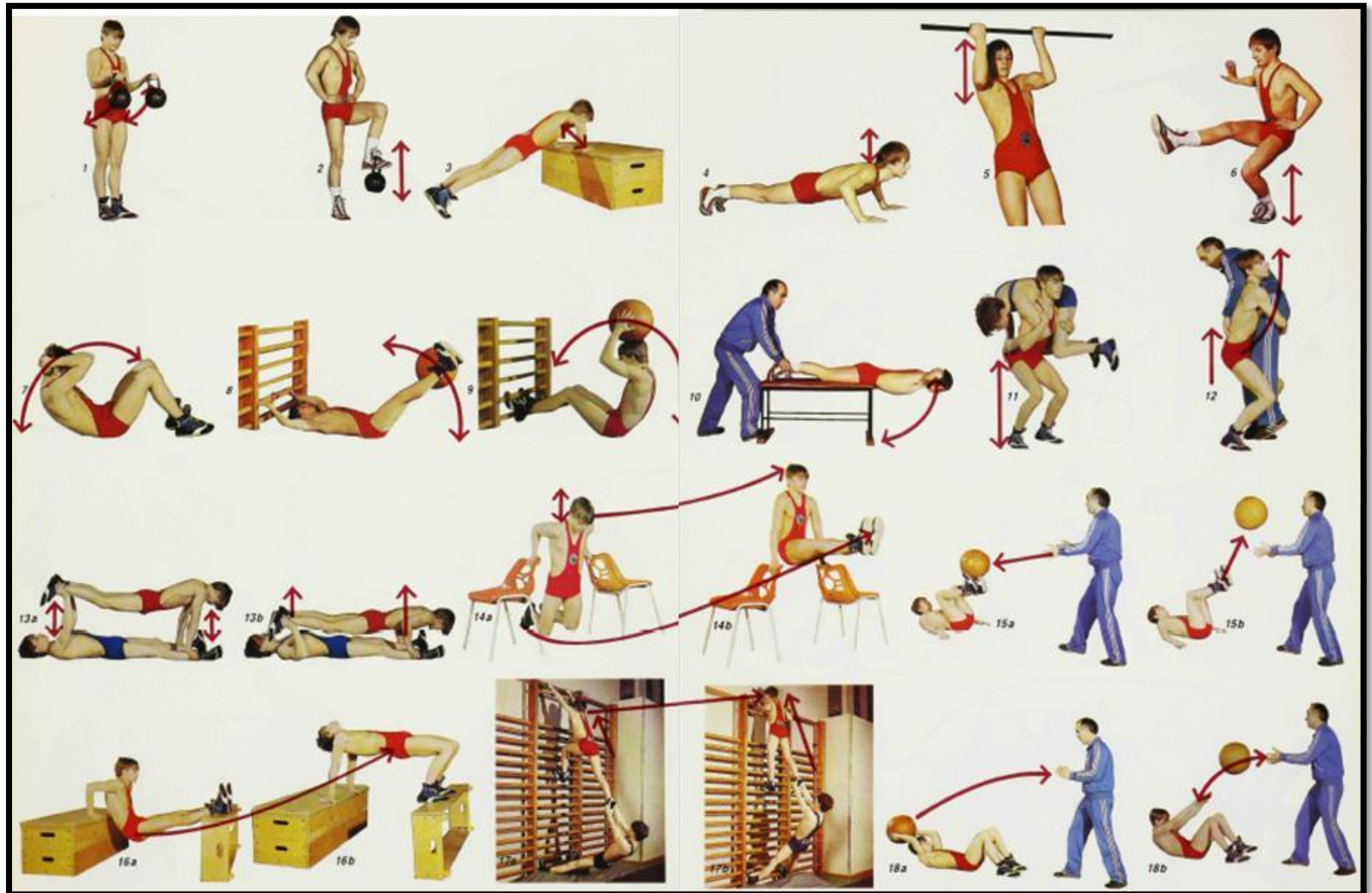
Exercises for Speed



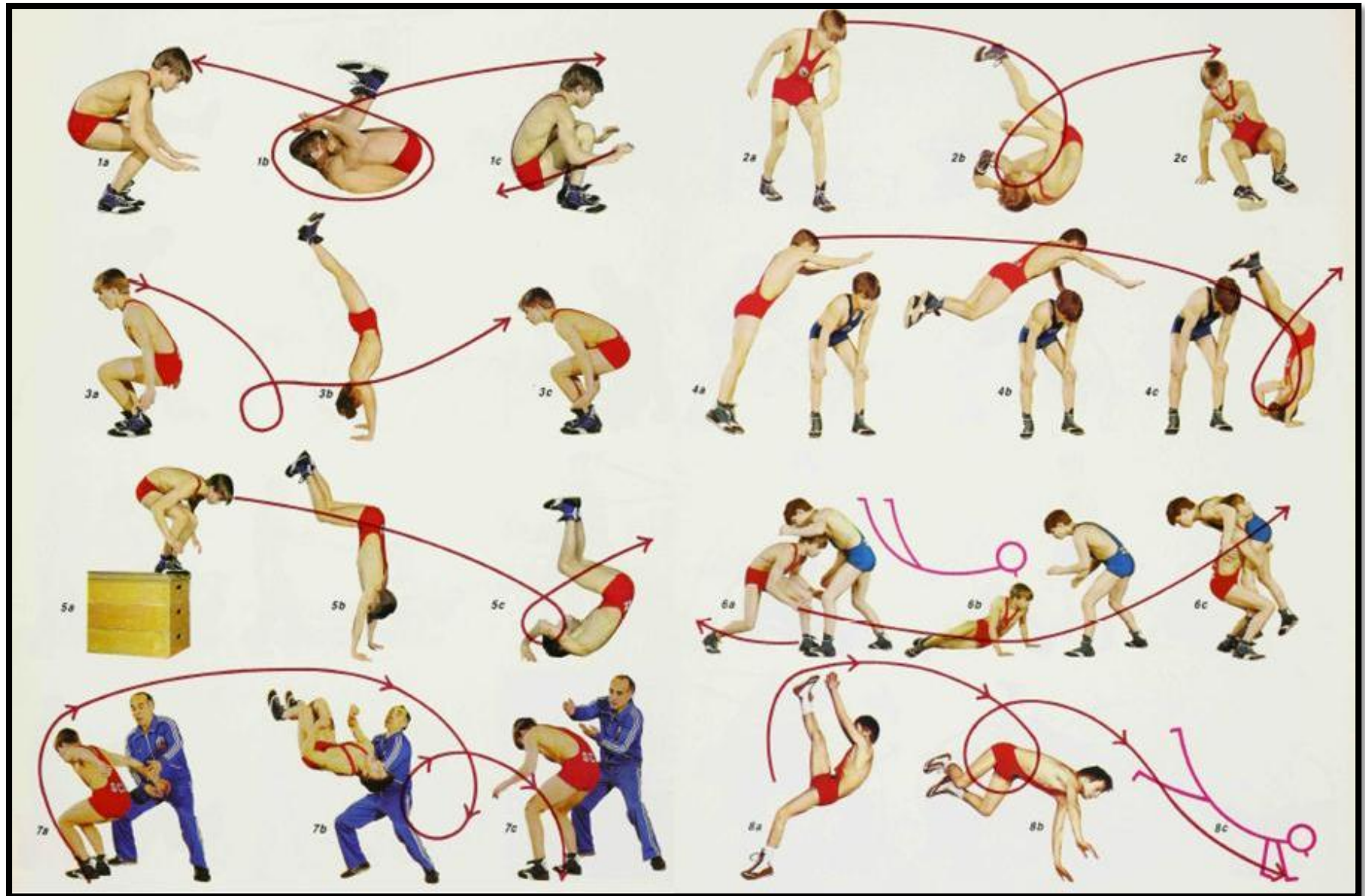
Exercises for Agility, quickness and quick reactions



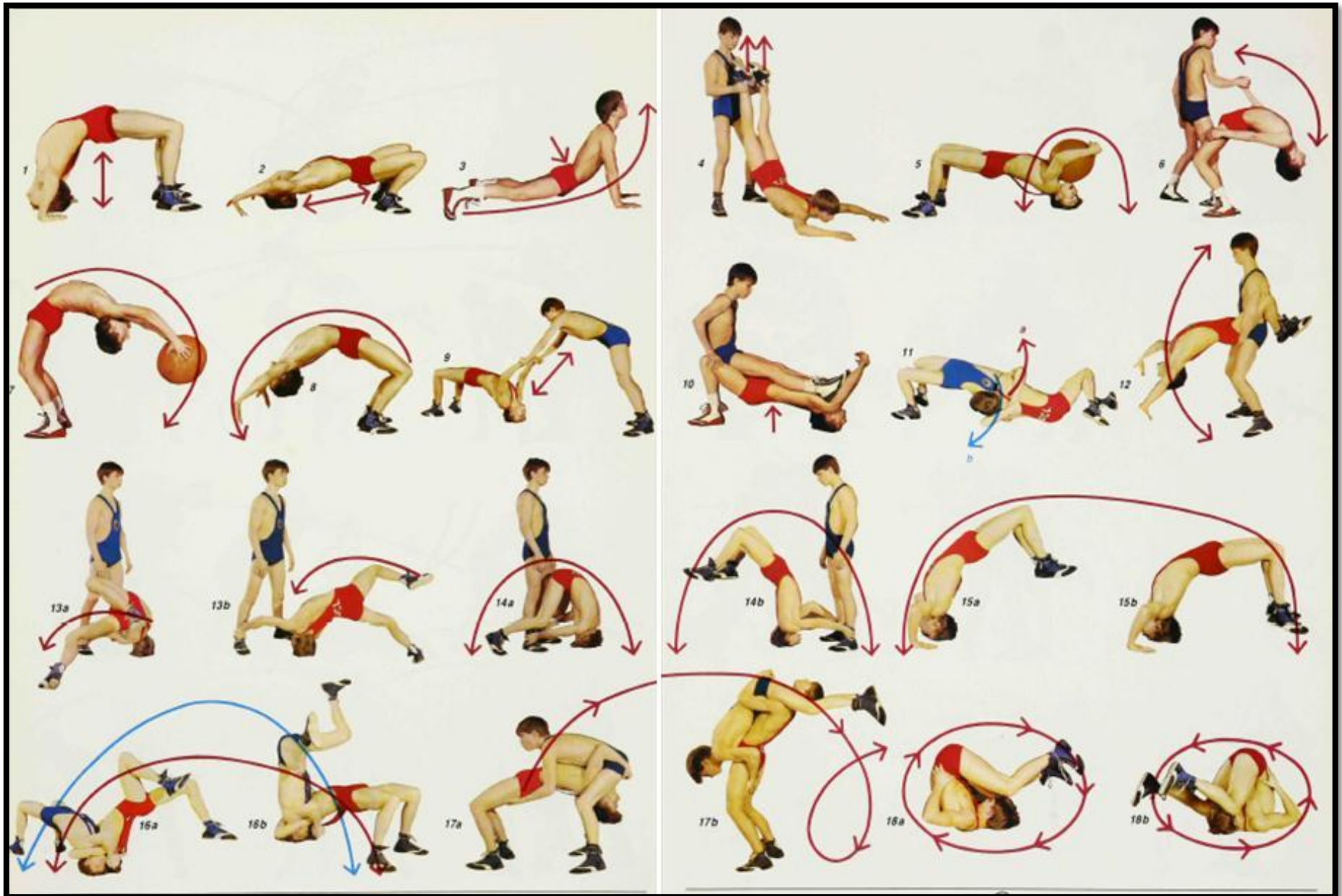
Exercises for Strength



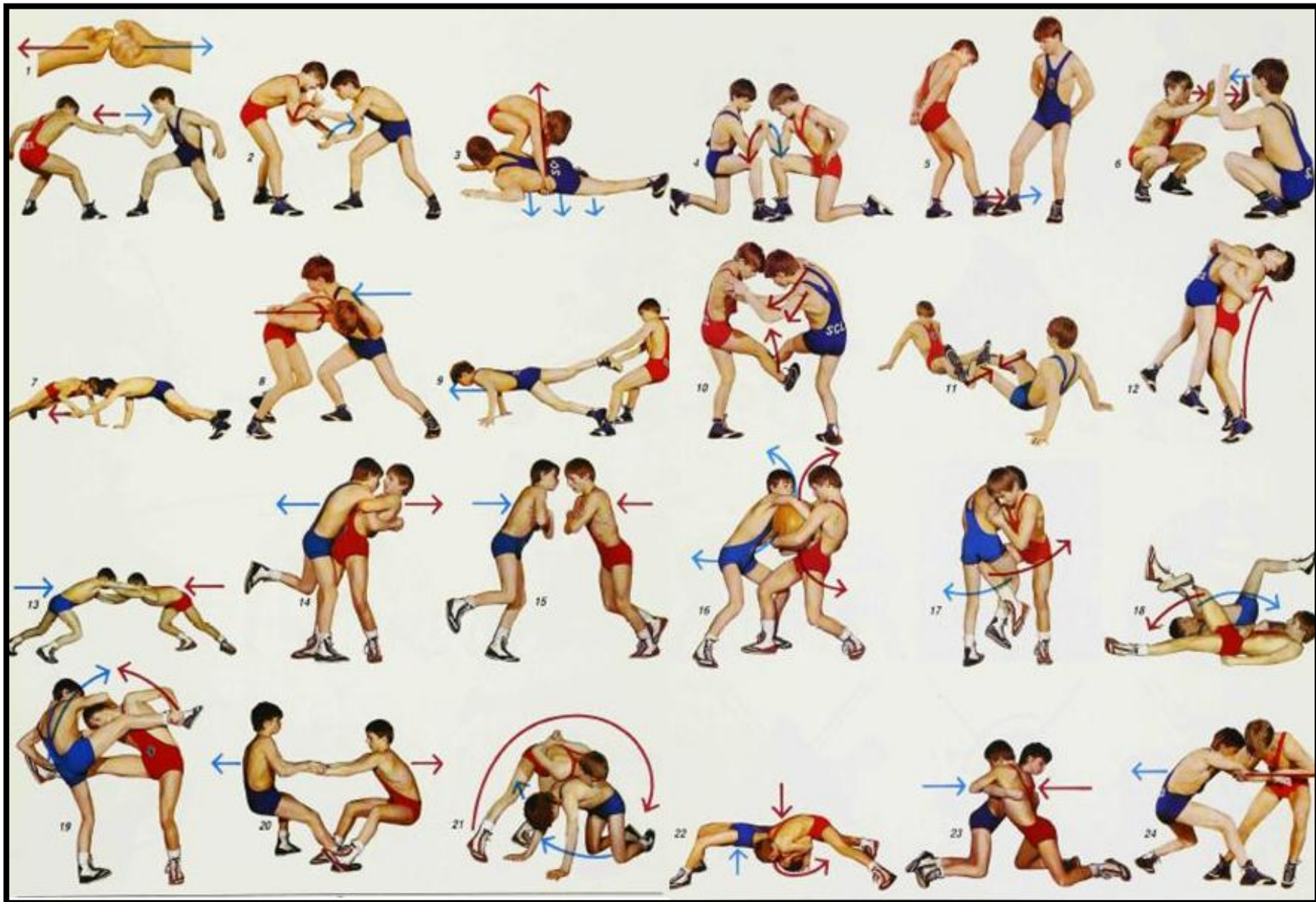
Exercises for Correct Falling



Exercises for Performance of Bridge



Exercises for Wrestling on the Mat



Basic Positions & Actions for Wrestling in Standing and Parterre Position

