

Top Five Skills needed to win at Freestyle/Greco State

In Ohio, the biggest vehicle for Cadet/Junior level athletes to get to the National Level, is the USA Wrestling-Ohio Freestyle/Greco State Tournament.

Winning it gives you an automatic berth to the National Team that travels to Fargo, ND in July - and THAT is a big deal.

Athletes who are fortunate enough to compete with, and travel on the National Team, will **cherish the experience all of their lives.**

So today I'm focusing on Top Five Skills needed to win at Freestyle/Greco state (and Regionals, which also qualifies you for the big stage).

First, a question you may be asking: *Who Am I? Why am I here?*

I have competed on the national level in freestyle, wrestling in 3 sets of Olympic Trials, winning the Grand Nationals (and capturing MVP at this once Prestigious tournament)...
Competed in college where I was an NCAA All-American (having finished 3rd nationally)

...

And coached college for 15 years.

More importantly for your interests today...

I have trained wrestlers for 30 years now and have run, and continue to operate one of the most highly respected Freestyle Clubs in the state: *Club Simpson.*

Today, I share my vast knowledge with you, which I hope you utilize, to give yourself the best chance possible at Freestyle and Greco State and Regionals.

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Now, without further ado, Onto this report:

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#1. Stop 90% of all turns with this phrase from one of Ohio's winningest coaches

Many moons ago I was attempting what seemed, at the time, to be a major uphill struggle: getting new freestyle/greco wrestlers to turn the right way when countering Par Terre.

It was incredibly frustrating - and I learned a valuable lesson: You can't get anywhere telling them to "turn left" or "turn right".

For starters, by the time you say it, its too late.

They simply *must* be trained to react.

And the easiest method was a simple two word phrase uttered by a legendary coach (one of the most successful in Ohio wrestling history) in the middle of a match...

Find ankles.

As soon as he said it, his wrestler *immediately* turned into the attack and shut it down.

When you find ankles (and have it reinforced consistency in training) - your body will mostly do the rest. Your far hip will turn down, and you will meet his pressure. Of course, you still need to adjust your head and hands accordingly, but the guesswork is over. While countering gut wrench, for instance, staying off your elbows is very important. Even if you have found ankles - resting on your elbows will get you beat.

#2. Set your position and get heavy

The best method for preventing turns is to keep them from taking hold. Every inch of your body is involved in this process, and it takes a lot of work to get here. But once you learn the key skills to getting heavy, and shifting your body to meet your opponent's attacks, your par terre is ready for the top level.

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#3: Always score from short offense

Three main ways to score off the opponent's offense, and you should be proficient at all three.

1. Simple turns when they grab the leg (waist roll, aka monkey roll, off their single, crotch lift off their high crotch)
2. Front headlock - Gator rolls and reverse gator
3. Simple folk style go behinds.

The one most prevalent in Fargo Nationals?

Answer may surprise you...

Go behind.

At the state level, you will see more of #1 and #2 - meaning, it helps *immensely* to have a great front headlock series, and also be able to roll them.

The key to a good gator roll is the lock. If you take the hold correctly, it should be nearly *impossible* for them to get out of it. If not, they can counter and worse...score on *you*.

The keys to the Go Behind are the same as in folk style (although most wrestlers miss the finer details and struggle to get behind as a result).

#4: The Bridge

Having excellent technique on your bridge is essential to success in freestyle/greco (and is one of those essential skills that translates in folk style as well).

The bridge is used in many situations, including turns such as gut wrench and ankle lace, and many throws as well.

This is a skill that should be reinforced every session.

Many wrestlers make the mistake of rolling across both shoulders - which gets them beat against better competition. To have a great bridge, your front shoulder should never hit the mat (instead, go to the top of your head) and when you recover, you should recover to your knees and not flat.

#5: The back step and heel turn

Greco Roman wrestling teaches many key skills to wrestlers - one of the most important is the footwork necessary for throws. The back step and heel turn are how greco wrestlers load up the

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opponent on their hips, and also prevent counter throws. Wrestlers who train to step using these techniques, are a “leg up” on their competition. One of my most interesting wrestlers was a “sectional qualifier” - an athlete who never got out of sectionals until his senior year - in D3 nonetheless - but he would routinely go toe to toe with the best wrestlers in the state (many of whom went on to Division 1 wrestling scholarships) - beating some of them and losing in OT to others. He developed a great back step, and with it, one particularly wicked throw - as well as one excellent turn on top. It carried him *all the way to the Nationals* in Fargo.

Fine tuning your wrestling skills for maximum success

I will conclude this report with a word on how to quickly ramp up your wrestling skills to compete at higher levels more quickly.

By now I’m sure you’ve noticed how fast-paced freestyle and greco wrestling are. When action is heavy, you often have less than a split second to react (and usually NO time to think).

Because of this, reinforcing key skills repeatedly is essential. In fact, every skill on this page can and should be reinforced until, if someone were to grab you and put you in a hold, in the middle of a nap in study hall, you could, and would, immediately respond and counter them.

In our room, we have a phrase: if its worth showing, its worth learning and reinforcing. *Absolutely nothing* is shown just once, thrown out there like a clinic-styled throwaway move. If it has enough value to learn, we will reinforce it. If not, it doesn’t get shown.

We’re not going to waste our time with clinic moves - whether its here or summer camp or anywhere else.

Learn the essential skills and reinforce them until they are automatic. That’s how you jump levels fast.

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Randy

PS By now you have undoubtedly received the 5 FREE training videos I gifted you.

These 5 FREE training videos showed you:

- how to immediately force your opponent into defense mode - as soon as the whistle blows
- my secret 3 second rule that forces you to be more offensive
- the collegiate method for beating the head tie that gives you an immediate scoring opportunity
- common mistakes made in short offense (as referenced in the above report) - and how to exploit them for your own gain
- the explosive game-changing series on bottom - score (at least) 5 different ways with this series
- The #1 scoring method on your feet (its not a shot) - and what most wrestlers miss, costing them a ton of takedowns every season.

Plus...

A video short entitled, “Relentless”

****More****

Parents of youth wrestlers (grades 6 and below) should have received the Parents Guide to Youth Wrestling as an added bonus.

If you missed it...

[Go here now and grab yours](#)

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