

USA Wrestling's Coaches' Syllabus for Freestyle Wrestling with Bruce Burnett (12 Basic Skills)

Link <https://youtu.be/1q06AaJtlps>
(Total video play time 1:26:23)



0:00-2:45	Intro
2:45-3:17	Basic Skills Intro
3:18-7:55	Basic Skill #1 – Stance and Position
7:56-10:42	Basic Skill #2 – Motion
10:43-12:59	Basic Skill #3 - Changing Levels
13:00-25:59	Basic Skill #4 – Penetration
26:00-30:49	Basic Skill #5 – Lifting
30:50-35:18	Basic Skill #6 - Sprawl
35:19-38:32	Basic Skill #7 – Back Step
38:33-40:48	Basic Skill #8 – Back Arch
40:49-42:42	Basic Skill #9 - Grips
42:43-1:04:44	Basic Skill #10 - Contact
1:04:45-1:22:23	Basic Skill #11 – Set-Ups
1:22:24-1:26:23	Basic Skill #12 – Hip Heist

NOTE: There is no additional footage for these skills (ie: no “disc 2”)