REDBIRD WRESTLING ACADEMY

(Weekly Technique Schedule)

Mondays and Wednesdays (3:00-4:30)

**Week 1- (Starts May 31) Takedowns**

Inside Step- Single, Double, Hi-C, Opposite Leg double, Fireman’s carry, Single Sweep-Cutback, Low angle,

Barrel roll. Elbow passes

**Week 2 ( Starts June 5)-** continue with Takedowns

**Week 3- (Starts June 12) Short Offense**

Front Headlock- Snap, Under hook, Head in hole, swim hip, cradle series

Crusher/cow catcher- Crusher limp arm, back hand, short drag, short side go behind

**Week 4-** ( **Starts June 19)**- Continue Short offense

**Week 5- (Starts June 26)- Tilts and Turns**

Cross Wrist series- Turk, Jump lift, Ball and chain, Dive Roll ball and Chain

Roll Thru Tilt, Chop tilt, Inside wrist tilt.

**Week 6 – (Starts July 3)**- Continue Tilts and Turns/ Top

**Week 7- (Starts July 10) Basic Top Pinning and Pin positions**

Crossface series- Butcher, Hip Smash, Ankle Down, Butcher to Crusher, Rip Off, Crossface Cradle, Headlock pin position

**Week 8- (Starts July 17)-** Continue Top / Pins and Pin positions

**Week 9 (Starts July 24)-- Advanced Top and Bottom**

Arm Bar Series- Bar and wrist, Arm Bar Tilt, Stack, Bar and Hook, Double Arm Bar

Inside Wrist series- Gable, Tilt, Hammer Lock. Knee Slide Stand up, Slap arm, Switch series, Granby roll series

*REDBIRD WRESTLINGACADEMY *

“Learn a SYSTEM of technique before the season even starts”

**For ANYONE entering grade 6 through 12**

**WHERE:** Alton High School (Wrestling room) 4500 sq. feet of mat space- Facing front of high school, drive around to RIGHT side of bldg, and enter there.

**NO COST: This Academy is FREE to ALL**

**WHEN: Every MONDAY and WEDNESDAY; (3:00 – 4:30) STARTING WED. MAY 31 THROUGH END OF JULY.**

\*Bring a water bottle/ Water only

***All sessions will be instructed by Alton High Head Coach Eric Roberson and Alton coaching staff***

**Eric Roberson (As a Wrestler)**

\*3X IHSA State Qualifier (Roxana H.S.- 1984,86,87)

\*IHSA All-State (4th place- 138 lbs- 1987)

\*4X NCAA – II National Qualifier- SIUE

\*2X NCAA- II All- American (SIUE- 142 lbs.- 5th in 1992, 4th in 1993)

**As a Coach:**

\*Student Assistant at SIUE (1993)

\*Head Coach, Roxana Middle School (1994)

\*Asst. Coach, Roxana High School ((1995, 96)

\*Head Coach , Alton Sr. High School (1997- Present)

\*373 Dual Meet Wins at Alton High

**Contact/ Questions:**

**Eric Roberson- 618-541-9135/** **eroberson@altonschools.org**