

WARRIOR NXT DEVELOPMENTAL PROGRAM

Session II Parent Meeting | Same Foundations, New Challenges

Grades K-5 | Developmental Program | Sundays at 3:00 PM

Oct. 25 | Nov. 1, 8, 15, 22 | Dec. 6 • No NXT Nov. 29

THE SESSION II IDEA

NXT is a recurring on-ramp, not a five-session staircase. New athletes can start here. Returning athletes revisit the same essential wrestling problems with better movement, more choices, and gradually greater challenge.

WHO NXT IS FOR

Expect a broad mix of ages, experience, maturity, attention span, goals, and confidence. That is intentional. Athletes do not need to “graduate” from Session I to participate in Session II.

- A first-day wrestler may be learning stance, balance, and how to be a good partner.
- A returning or experienced wrestler may work on timing, posture, angles, reactions, and decision-making inside the same activity.
- Challenge is scalable: coaches can change resistance, space, starting position, rules, or goals without separating every athlete into a different practice.

WHY WE REPEAT FUNDAMENTALS

Six practices can create familiarity and confidence. They do not create mastery. Wrestling fundamentals deserve to be revisited because the opponent, position, pressure, and timing are always changing.

- Quality before quantity: strong stance, posture, position, movement, and a few reliable skills before a long list of techniques.
- Repetition with variation: learn the basic shape, get clean reps, then add choices and resistance.
- Returning athletes should not simply “repeat Session I.” The same foundation can be practiced at a deeper level.

HOW WE PLAN TO TEACH

1. SHOW & GO

Short demonstrations and a small number of coaching points. We want athletes moving, not cooling down while coaches lecture.

3. ADD A DECISION

Introduce a reaction, choice, changing partner response, or positional problem.

Play is not the opposite of hard work. A well-designed game or situational task can demand stance, reactions, balance, positioning, creativity, competitiveness, and repeated effort while requiring the athlete to make real decisions.

WHAT SESSION II WILL COVER

Every session remains a complete wrestling experience. We will revisit the major positions needed to practice and compete safely while changing the activities, problems, and level of resistance.

MOVE & CONTROL THE BODY

Stance, motion, level changes, tumbling, balance, coordination, agility, and wrestling-specific movement.

TOP & BOTTOM

Referee's position, escapes, control, breakdowns, turns, and pinning awareness.

2. BUILD THE SHAPE

Focused, low-resistance reps to learn safe posture, position, and movement.

4. PLAY / WRESTLE IT

Games and situational wrestling let athletes solve the skill against a live problem while staying engaged.

SCORE & DEFEND

Setups, takedowns, finishes, lines of defense, re-attacks, and safe scrambling.

READ & REACT

Rules, scoring, position recognition, partner reactions, games, situational wrestling, and increasing decision-making.

WHAT ABOUT LIVE WRESTLING?

Session II will remain developmental and collaborative, but “live” is not all-or-nothing. Athletes can learn to compete through short, controlled situations before they are asked to wrestle full matches in practice.

- Start from a defined position with one clear objective.
- Use short rounds so athletes get many fresh starts and many chances to solve the same problem.
- Increase resistance and freedom as athletes show safety, confidence, attention, and readiness.
- Full live wrestling may be appropriate for some athletes; it does not need to dominate practice for everyone.

NXT OR WARRIOR RTC?

Age or years wrestled alone do not determine the best room. We care about developmental readiness and what environment will help the athlete grow.

- NXT may remain a good fit for an experienced K-5 athlete who benefits from concise instruction, fundamentals, games, movement quality, and scalable challenges.
- RTC may be a better fit when an athlete consistently practices safely, handles longer and more open-ended instruction, wants greater live-wrestling and competition volume, and is ready for the room's pace and expectations.
- This is not a ranking of athletes. The goal is to put each wrestler in an environment that helps them learn and stay connected to the sport.

WHY THIS APPROACH?

Our philosophy is informed by USA Wrestling's Athlete Development Model and Core Curriculum. For young wrestlers, USA Wrestling emphasizes age-appropriate fundamentals, games and activities, agility/balance/coordination, and basic offensive and defensive strategies. Its curriculum includes both structured technical skills and wrestling-specific games.

- Skill first, results second: competition is useful feedback, not the definition of development.
- Multi-sport and seasonal athletes are welcome. NXT is designed so missing a prior session does not make an athlete “behind.”
- The long-term goal is adaptable wrestlers who can learn, solve problems, compete confidently, and still want to wrestle years from now.

HOW PARENTS CAN HELP

- Bring your athlete consistently when possible, but do not treat six practices as a race to mastery.
- Praise effort, courage, attention, good partnership, and learning—not only wins and losses.
- Ask “What did you learn?” or “What did you enjoy?” before analyzing the match or practice.
- Talk with us if you are unsure whether NXT or RTC is the better developmental fit. We want to make that decision with you, not simply move kids up or down.

USA WRESTLING MEMBERSHIP

A current USA Wrestling athlete membership is required.

- Provides athlete insurance coverage and supports SafeSport standards.
- Provides eligibility for USA Wrestling-sanctioned competition.
- Connects our program to USA Wrestling's national standards and developmental resources.

WHAT SUCCESS LOOKS LIKE AFTER SESSION II

- A new athlete is more comfortable moving, practicing, and understanding the basic positions of wrestling.
- A returning athlete performs familiar fundamentals with better posture, timing, reactions, and independence.
- Athletes are beginning to use skills against changing partner responses rather than only reproducing a memorized sequence.
- Athletes compete hard, treat partners well, and recover from mistakes without melting down.
- **Most importantly:** they leave with curiosity and a desire to keep wrestling.

THE BIG PICTURE

We are not trying to “finish the basics” in six hours. We are building a foundation athletes can revisit for years: move well, wrestle from good position, solve problems, compete appropriately, and keep growing.

www.warriorrtc.com/nxt-developmental-program