



Name _____

Wrestling Training Techniques Word Search

A C J Y R G J K W V N T D O O C N D J B W C C P
M E N T A L T O U G H N E S S T R A I N I N G S
Y F A S T T W I T C H E X E R C I S E S C Q T E
G J E S Z P G L M Z D P Q G J K R J L R C U U E
Y L I V E W R E S T L I N G D M W L D M O X A T
A C A R D I O C O N D I T I O N I N G K P P E E
N Q U T O H R C P O N Z T K M R S K R G H Z V A
I G S M D W E V D I E J L S D F Y O O Z L F X A
O X O A R N A B A I C P M R C L W S Z F P N S P
U E S T I W C R H Y K Y E Y K E X G R W P L T Y
H U T A L J T R K L S N I Y R X N Z Q G T C D E
V F R W L P I G Y F T H J O P I B Q Z D P J L Z
A I E A I U O R K R R F C V T B I E L F W Q S E
V G N R N T N W A R E I M T O I R Y E H A K H S
P N G E G Q D P F K N I U M T L P J X U T B M Z
J M T N T D R W W N G C U R N I U C T F X U X W
T Q H E A I I Z N T T M U Z G T H L R U P L F Y
O H L S K L L V B H H T Z R Q Y G S O R O A Y A
L D I S E Z L W G T E R B X H D M F V A N H A Z
G Q F L D X S I O P N A V C G R C L O S L T T D
I G T C O V E P J Y I U G U V I Q S L N S I J N
C W I O W W Z A Q L N Z M S T L U C G J Z U W L
B C N Z N U I G A M G N R X V L K B F Q H T G C
E D G J S L S H A D O W W R E S T L I N G B M Z



Mental toughness training
Fast-twitch exercises
Cardio conditioning
Shadow wrestling
Partner drills

Live wrestling
Grip training
Weight cutting
Strength lifting
Reaction drills

Mat awareness
Core workouts
Neck strengthening
Flexibility drills
Drilling takedowns