FLOREY FILM ROOM

FILM BREAKDOWN

TYE WEATHERSBY / SAMPLE COACHING FORMAT

BLANK TEMPLATE • FILL IN AFTER REVIEW

WRESTLER _____

MATCH / DATE _____

POSITION FOCUS _____

WHAT WE ARE BUILDING

Write one clear sentence describing the highest-value next adjustment.

TIMESTAMPED COACH NOTES

TIME / POSITION 1

Observed: _____

TIME / POSITION 2

Observed: _____

TIME / POSITION 3

Observed: _____

PRIORITY FOR THE NEXT PRACTICE

_____

All timestamps above are fictional examples. Tye has not evaluated an athlete or supplied these comments.

2-WEEK PRACTICE PLAN

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CLUB PRACTICE / SUPERVISED PARTNER DRILLS

Example 3 sessions/week, ~50–60 minutes. Scale to age, skill, facility and coach judgment.

WEEK 1 / SESSION A _____

Coach notes: _____

WEEK 1 / SESSION B _____

Coach notes: _____

WEEK 1 / SESSION C _____

Coach notes: _____

WEEK 2 / SESSION A _____

Coach notes: _____

WEEK 2 / SESSION B _____

Coach notes: _____

WEEK 2 / SESSION C _____

Coach notes: _____

HOME SUPPORT / NON-WEIGHT-FOCUSED

Recovery / home movement / food and hydration notes: _____

All partner drills require a qualified coach and appropriate mats. Individualize volume and safety.

TECHNIQUE + PROGRESS

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WATCH THE CUE. THEN DRILL THE CUE.

Until Tye records his own lesson library, these are third-party teaching resources and placeholders for future Florey technique clips.

SINGLE LEG: ENTRY -> FINISH

USA Wrestling core curriculum: single-leg entries, pop finish, change to double.

OPEN RESOURCE >

TILTS: CONTROL BEFORE EXPOSURE

USA Wrestling Level 2: pop-and-chop, near-wrist cheap tilt and far-side tilt.

OPEN RESOURCE >

TYE'S LESSON LIBRARY

Future Tye clips: single-leg finishes, near-wrist tilt series and chain reactions.

OPEN RESOURCE >

COACH / CLUB CHECK-IN

After session 1 _____

After session 3 _____

After session 6 _____

NEXT FILM REVIEW / DATE: _____

This is an example educational template, not personalized advice or an actual reviewed match. Coaching philosophy is a proposed draft awaiting Tye Weathersby's approval. For minors, involve parents/guardians and follow school/club health policies.