FLOREY FILM ROOM

FILM BREAKDOWN

TYE WEATHERSBY / SAMPLE COACHING FORMAT

DEMONSTRATION • NOT AN ACTUAL FILM REVIEW

WRESTLER	**Example Athlete (fictional)**
MATCH / DATE	Sample match / no footage evaluated
POSITION FOCUS	Single-leg finishes + near-wrist tilts

WHAT WE ARE BUILDING

A reliable first attack, a quick second action when defended, and top control that turns into near-fall opportunities.

TIMESTAMPED COACH NOTES

00:42 NEUTRAL / SINGLE LEG

Example only: attacker pauses once the leg is secured. Cue: keep moving feet, protect posture and cut an angle to the finish.

01:25 NEUTRAL / SECOND ATTACK

Example only: first shot gets blocked, athlete backs out. Cue: flow to a double, go-behind or immediate re-attack instead of resetting.

03:14 TOP / TILT SETUP

Example only: wrist control loosens before the turn. Cue: stabilize hips and wrist, control exposure, then return to a safe ride.

PRIORITY FOR THE NEXT PRACTICE

Single-leg angle -> second attack -> near-wrist control and tilt.

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 — **Single-leg entry & angle**

Stance / motion 8m; position-entry 12m; partner finish 15m; short situational rounds 15m; notes 5m.

WEEK 1 / SESSION B — **Chain wrestling**

Hand-fight to single 10m; first-shot blocked -> re-attack 20m; flowing partner rounds 20m; debrief 5m.

WEEK 1 / SESSION C — **Near-wrist tilt control**

Breakdown & wrist collection 15m; controlled tilt progression 20m; top ride vs escape 15m; recap 5m.

WEEK 2 / SESSION A — **Troubleshoot the single**

Review two finish options; transition single -> double/go-behind on realistic defense; situational reps.

WEEK 2 / SESSION B — **Tilt & re-ride chain**

Top-position entry -> near wrist -> controlled exposure -> re-ride; safety-first partner work.

WEEK 2 / SESSION C — **Transfer to live wrestling**

Short live goes from neutral and top; record one clip; compare with initial focus and update next drill.

HOME SUPPORT / NON-WEIGHT-FOCUSED

On non-club days: brief technique shadow reps, simple strength and mobility matched to the athlete, regular meals and hydration. No crash cuts, dehydration methods or weight-based dares.

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.