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Simple Coaching Advice

Making wrestling fun, KISS (keep it simple & short)

Don't teach a lot, but do a lot of the little- 20 moves 5 each or 5 moves 20 each?

Work within the system, Work Hard, Work Smart

Large amounts of positive reinforcement.

What do you do here? Have a purpose

Goal: To establish a system whereby a coordinated and uniform approach to teaching wrestling can easily be implemented into your High School wrestling program.

- Make a wrestler better not by changing the way they wrestle but making the way they wrestle better.
- Failure is a part of success.
- Success is not a matter of just wanting to win; it's a matter of preparing to win which is more important.
- Discipline is doing what you are supposed to do in the best possible manner at the time you are supposed to do it.

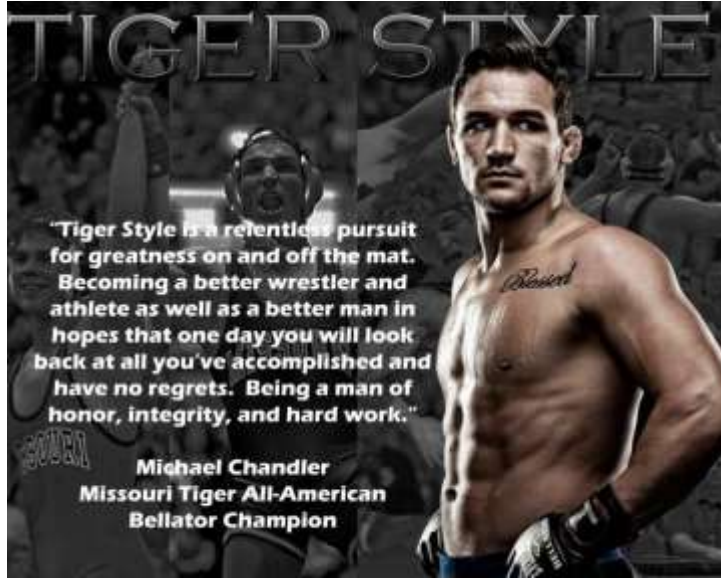
"A great coach will train you to do what you couldn't do before, motivate you to do what you thought you couldn't; and bring out the absolute best performance you are capable of and then some."

Some helpful Strategies for Teaching

- Teach offensive & defensive techniques
- Whole-Part-Whole teaching
- Use various cues when teaching
- Use recognizable names
- Chart what you teach
- Review often (Start a new day with the old)
- Challenge their weaknesses
- Drilling: Controlled drilling (whistle)----- Independent drilling. (Freeze drilling – check position)
- Live Wrestling: situation (especially the technique of the day), groups, easy in-hard out, hard in- easy out, match days, and group 1 vs. group 2.

Mizzou Wrestling Recent Success

1. Two NCAA Trophy's- The only two team trophy's for any sport since 1960 at Mizzou.
2. Seven NCAA Champions in the past twelve years
4. Five Conference championships in a row 2012, 13, 14, 15, 16 only team in Mizzou Athletics that has accomplished that.
5. Mizzou Wrestling has produced 36 All Americans in the past decade.
6. Mizzou Wrestling was ranked number 1 in the polls in 2006-07 and in 2014-15 season.
7. Six top Ten NCAA finishes in the past ten years.
8. Only Mizzou sport to win their significant "Heisman" Award, the Hodge, won by Ben Askren in 2006 and 2007.
9. Mizzou has placed in or won every major Wrestling Tournament
Won the: Midlands, Mat Town, Reno, Las Vegas, Southern Scuffle, National Duals, Big 12 and MAC. Placed 4th and 3rd at NCAA's
10. Produced 2 Olympians in the past three Olympics.



Techniques

Defense to legs

- Shut the barn door
- Slide and rotate chest, seal off
- Rotate (swim) catch wrist
- Second foot- throw it off and swim
- Power half- seal and back to slide
- Power half to change over back to slide
- Slide on hip to crack back and baseball finish
- Second foot- kick it off
- Beating both legs in
- Tripod leg comes in

Bump to Collar Tie or High Half

Wrestler has weight on hand, knee on thigh, back pressure forward, chest driving(shoulder)

- Bump to pull shoulder/Knee comes out drive to wrist
- Repeat first and partner brings hips up, pull far ankle
- Partner rolls wrist follow to half
- Tripod bump to wrist
- Tripod bump/scoop/post elbow
- Partner push wt back/deep collar/run to far wrist to tilt
- Half to roll- keep leg lifted

Chop

- 180 drill, deep waist pull elbow, knee bumps forward, head in mid back rotate 180.
- Changes over, follow pull, sink deep waist and drive to should on chop
- Double thighs pressure wt to hands and sink deep waist and back to 180 chop
- Work both take downs to a tilt.

Why Tiger Style?

Why choose this as our philosophy? We choose Tiger Style. We choose Tiger Style as a lifestyle, not because it is easy, but because it is difficult. We choose Tiger Style because its goals and expectations will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win.

