

ELEMENTS OF A WRESTLING PROGRAM

I. Promotion

As in most sports, it is essential that the coach ensure that events are well publicized. If the athletes and the interested public have current information on the particulars of their sport, then the all important factors of enthusiasm and interest will be maintained.

The following represent some suggestions to promote interest and understanding of amateur wrestling:

- i) bulletin displays (articles, photos, results)
- ii) media, communication (websites, radio, press)
- iii) school announcements
- iv) team t-shirts, jackets
- v) team awards and recognitions

II. Attitude'(Development and Maintenance)

The wrestling coach must be diligent in establishing team attitude and rules of conduct at the first meeting of the year. All wrestlers must clearly understand and accept the outlined philosophy and rules of their particular team. The following points are to assist you in establishing your own particular team guidelines:

- i) **attendance** commitment
- ii) concern for teammates and personal **health** (safety and hygiene)
- iii) self **motivation** and **independence** in preparation for excellence
- iv) training and competitive philosophy **offense and aggression**
- v) camaraderie

III. Training and Conditioning

The wrestling coach must establish a season's overview for the training and preparation of these essentials. The following six physical components must be well prepared:

- | | |
|----------------|-------------|
| a) balance | d) power |
| b) endurance | e) speed |
| c) flexibility | f) strength |

The following two psychological functions must also be structured into a total wrestling season.:

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| a) mental toughness | b) concentration |
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IV. Fundamental Principles of Movement (Takedown, Groundwork)

Fundamental movements are those kinds of body movements that when put together into sequence or modified situations create wrestling techniques. In other words, fundamental movements are **not** point scoring techniques but rather, are the principles of movement (force, rotation, balance, etc.) that relate directly to the sport of wrestling.

V. Wrestling Techniques (Moves)

As part of a well prepared season's plan, the coach must decide what, how many and when new moves should be introduced to the wrestlers throughout the season.

VI. Practice Structure

The coach contributes greatly to morale maintenance of a hard working team by introducing novelty or variety to some of the practices. It is important to establish a standard routine for daily practices, it is equally important to spark the mundane by an occasional practice structure change.

Some suggestions that have been used successfully.

- a. music during drilling and warm-up
- b. wrestling games & relay
- c. video assessment of techniques
- d. inter-squad meets