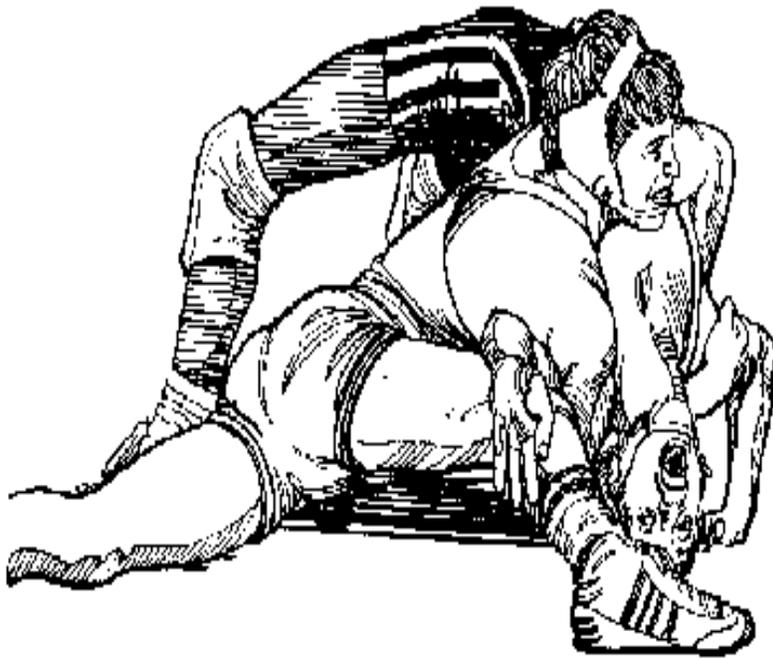


Wrestling Philosophy



***by:
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TO: WHOM IT MAY CONCERN

RE: WRESTLING COACH

FROM: WAYNE OTTO

WRESTLING PHILOSOPHY

Enclosed are parts of coaching philosophy I have put together in anticipation of a coaching position. I have wrestled at La Crescent, Minnesota and at Rochester Community College, Minnesota. My coaching experience includes several years with the youth programs, Assistant Coaching at Sevastopol High, Institute, WI., Ellsworth High, Ellsworth, WI., Anoka Ramsey Community College, Coon Rapids, MN., **Head Coach at Bangor High, Bangor, WI. And Menomonie High, Menomonie, WI, Lakeville High, Lakeville, MN, Eden Prairie High, Eden Prairie, MN., Tullahoma, TN., Cherokee High, Canton, GA**

WHAT KIND OF COACH AM I?

Enthusiasm and intensity are a few words I would use to describe my coaching style. I have strong beliefs in my ability as a coach, a leader and as a teacher. This self-confidence combined with my knowledge of fundamental skills and excellent organizational ability, makes me one of the best teachers and coaches available.

MY THOUGHTS ON WINNING

Those who win expect to win. As a team, we must be brilliant on the fundamental basics and hard-nosed. In order to be ready to compete during the week and weekends, one must put pressure on themselves to concentrate in practice. There is a very small difference between the Champion and runner-up, focus in practice and on the fundamentals along with continued improvement, tends to be that small factor that separate Champions from runner-ups.

ON WRESTLING TRENDS

I believe one should keep up with the new ideas and techniques, but not to incorporate them to the point that fundamental technique and execution suffers.

ON MOTIVATION

To be an outstanding motivate, you first have to be an outstanding teacher. Wrestling is relatively similar to any other subject, so we as coaches must always be teachers **first** and foremost.

WHY DO I WANT TO BE A COACH?

I wish to instill to the athletes I interact with the passion, benefits and love for wrestling as I have had. The life long benefits of being part of wrestling. Also, to give them a positive experience with wrestling, so when they leave the program they will wish to continue involvement with the sport in some capacity. Be it continued competition, officiating, coaching or just as an avid fan.

I. PHILOSOPHY OF WRESTLING

All Coaches involved in the high school wrestling program should strive to use coaching technique, which are consistent with the teaching philosophy of the School District.

The first concern of each coach involved should center upon the well being of each individual player. Coaches should teach techniques in conformity with state and national rules committees. Proper progression of drills and skills from simple to complex techniques, sound conditioning procedures, good practice and game organization and making the game an enjoyable experience for players should be of the utmost importance. At NO time should the well being of a player be less important than the outcome of a game or match. All coaches should try to make the participation in wrestling the finest educational experience of the player's high school years.

II. WRESTLERS GOAL:

1. To develop the ability to explode into and out of a move.
2. Have the willingness to keep moving on the mat at all times.
"STOP MOVING AND YOU STOP WRESTLING"
3. Be able to control your opponent at all times.
4. Have self-confidence in your technique and your ability.
5. Have the ability to concentrate on simple fundamentals. "Perfect 2 moves from each major starting position and you will be wrestling in the state tournament"
6. Have the unknown quality and quantity of heart and desire to be the best.
7. Develop a Quality takedown and **Perfect** it.

There is a very small difference between the Champion and runner-up; maybe just one of these factors separates them from becoming a **Champion!!**

III. EXPECTATIONS OF THE COACHING STAFF

A. Duties Of the Head Coach:

1. Liaison with the administration of the high school concerning the overall wrestling program.
2. Organize master practice schedule for the season and make daily schedule of practices with input from assistants.
3. Organize the off-season program (clinics, camps, weight training, etc...).
4. Handling team publicity.
5. Overall responsibility for team strategy.
6. Communicate with youth program coaches.
7. Assign assistant coaches duties. (Practice, matches, weigh-ins, equipment, etc.)
8. Responsible for the complete Wrestling program of the school.

B. Duties and Expectations of Assistant Coaches:

1. Study assigned areas of responsibility thoroughly.
2. Assist in scouting report and formulating game plans.
3. Coach junior varsity matches.
4. Perform various off-season duties. (Weight program, clinics, etc.)
5. Teach techniques and skills similar in nature to varsity philosophy.
6. Perform pre and post game preparation tasks.
7. Exhibit loyalty to the total Wrestling program.

IV. EXPECTATIONS OF MANAGERS

Players and coaches are to treat managers with as much respect as they would a member of the team and coaching staff. Managers are considered to be an extension of the coaching staff and are very important to the functioning of the wrestling squad.

1. Report to the head coach upon arrival at practice or a game for special instructions.
2. Be prompt. Arrive 45 minutes before the start of scheduled events and 15 minutes before the start of practice.
3. Be entrusted with keys to the office and equipment room. Under no circumstances should they be given to any student and they should be returned to the coach promptly.
4. Help supervise the equipment set-up before and after practice and games.
5. Check with the coaches before leaving practice and games.

V. TREATMENT OF OFFICIALS

It is important that all team personnel realize and understand the function of game officials. They are to administer the game in accordance with the rules as fairly possible. Team personnel must realize that it is their responsibility to play and coach in accordance with the rules and the officials will make interpretations and judgments based upon these rules. Players are never to question any official about his judgment in making a call. Players are to treat officials with respect and dignity they deserve. Mistreatment of officials will not be tolerated.

VI. SEASONAL PHASES OF THE WRESTLING PROGRAM

1. Orientation: meetings between the Coaches, coaches and administration, coaches and students-Introduce students to other fall sports and/or conditioning programs.
2. Conditioning for wrestling and/or end of fall sports
3. Practice I: Instruction 50% / Wrestling 50%
4. Practice II: Instruction 25% / Wrestling 75%
5. Post season: Banquets, spring and summer activities, wrestling camps, conditioning, and coaches meetings.

DAILY PRACTICES:

1. Team meetings
2. Cal/Conditioning
3. Partner drilling
4. Instructional period
5. Wrestle/work outs
6. Aerobic Conditioning
7. Showers/Coaches meetings

PROGRAM ORGANIZATION:

Pre Season

1. Recruiting and identifying wrestlers
2. Network the community-establish youth program
3. Complete Administrative duties: Budget, schedule, practices, and awards
4. Set-up conditioning sessions: develop Captains practices and seasonal skills and drills
5. Prep for first team meeting: Team goals and direction, first practice and place

Regular Season

1. Managing team and peer leaders
2. Alumni assistant
3. Develop wrestle-off system
4. Involve faculty and staff
5. Develop your program and philosophy

Post Season

1. Awards program
2. Review season
3. Personal interviews with wrestlers
4. Off season wrestling & camps
5. Seniors and scholarships
6. Strength training programs

VII. STYLE OF WRESTLING & TECHNIQUE

I use the “K.I.S.S.” method of coaching; K-keep I-it S-simple S-Stupid. I want my wrestlers to be the master of a few good solid techniques, not the “Jack of all trades”

Takedowns:

1. Inside step series: Single, Double, opposite leg single, Sweep single & Hi-Crotch with multiple set-ups from various positions.
2. Front head lock series: Takedowns off of defense accounted for more than 64% of the takedowns scored in the last 3 NCAA Div I National championships as calculated by the NCWA.

Top Position:

1. **Riding:** Spirals, Legs; the best wrestlers are generally not ridden very long and the use of leg rides can tie up, frustrate and fatigue good wrestlers.
2. **Pinning:** Simple arm bars, spiral 1/2 series, tilts and cradles. Tilts and cradles are the best way to catch good wrestlers and gain back points.

Escapes:

1. **Stand-ups:** Are still the best way to escape from your opponent. A good stand will also aid in the fatigue of your opponent
2. **Granbys:** I look at Granby’s as a way gain an easy escape, to make him scramble, or to score 5 points on your opponents when he’s least expecting it.
3. **Switches & sit outs:** Are still useful, but have become so easily countered now days, that they can’t be relied upon as much as they used to.

VIII. WHAT WE CAN AND CAN’T CONTROL

WHAT CAN WE CONTROL?

1. Our attitudes and values
2. Learn our offensive and defensive techniques
3. Study our opponent’s moves and tendencies
4. Be ready to compete emotionally, mentally and physically
5. Have fun and play with enthusiasm
6. Develop a great deal of pride in how we perform

WHAT CAN’T WE CONTROL?

1. Opponents height, strength, honors, and press clippings
2. Who cares about records and stats: We have to wrestle them anyway
3. The official’s judgments and interpretations

IX. MAKING WEIGHT

Wrestling is a sport for individual of all shapes and sizes. However, the weight class system that allows both the big and small athlete to achieve success also lend itself to abuse by, wrestlers, coaches, and parents. To gain specific advantages, wrestlers are usually advised by other wrestlers, coaches and parents to loose weight by starving and dehydration or to “Bulk-Up” by eating and drinking large quantities of empty calories.

When choosing a proper weight class, wrestlers should first perform a few simple fitness tests to help them evaluate their physical condition. The first test should be a body fat or skin fold test to check for the percentage of lean muscle mass. Secondly, a test for cardiovascular condition and strength should be performed. The assessment of these tests should give the wrestler, coach, and parents a good indication of what weight class to participate in and whether or not loose to gain weight to achieve this goal.

Success of making weight is more of a matter of weight control and management, rather than cutting or gaining weight. The focus of weight lose or gain must be on physical fitness and following good sound nutritional practices every day, not just before matches.

X. MOTIVATION

“Champions are not extraordinary people; they are normal people who work hard to achieve extraordinary things”

Wrestling is a special sport in the fact that it is only one of few sports in which the athletes competes against one another without any help from any other team members. It takes a special person to walk out on the mat by themselves, in front of large crowds of people and engage another athlete one on one. For this reason team and individual motivation is very important in the sport of wrestling. Some of the essential techniques of motivation are, but not limited to the following areas:

1. The teaching of quality and up-to-date technique; coaches must keep up with the latest techniques, skills, and drills, to improve upon their athlete, local, state, and national competitiveness.
2. Excellent planning; coaches must be prepared in the wrestling room as they are in the classroom. To be a good coach one must also be a good teacher and apply the same techniques in both areas. Quality planning leads to more wrestling, faster and better retention of skills and technique.
3. Genuine enthusiasm; students and athletes are as perceptive as adults when it comes to noticing if one enjoys teaching or coaching a given subject or sport. A coach must demonstrate genuine enthusiasm for what he is coaching, if not, he will be doing a disservice to the athletes and school he represents.
4. Providing a safe learning environment; if a coach can provide and demonstrate proper facilities, equipment and techniques, the athlete tends to feel more comfortable. This allows the athlete to learn faster, retain more information and feel good about themselves in relation to the participation in the sport. This will give the coach and team a much more confident and successful wrestler.
5. Emphases on improvement not winning; set your sights on improving yourself as fast as possible. Too often we worry about wins. If you are doing a great job of improving, winning will take care of itself. If you improve as much as you can, and you still don't win, there is nothing else you could have done
6. Setting goals; too often we enter a season with the goal of a championship, but how do we get there. Goals are an essential part of achieving that championship. If designed properly they give us direction and keep everyone on the right path. Goals should be phrased in terms of positive outcomes. Goals need to be focused

on what the wrestler can do, not what he wants to do. Ex. “I’m going to be a champion vs. I’m committed to practice daily with greater intensity and run an extra mile for conditioning” Once these small goals are overcome then and only then can we set our sights on the gold ring.

7. Have and set high expectations; don’t ever lose sight of where you want to end up. The road will be bumpy. It’s not the number of times you get knocked down that counts; it’s whether you get up or not. Stick to what you believe in, and stay strong and confident.

8. Positive specific reinforcement; reinforcement come in many forms, but the best proven way to get the most out of an athlete is to give him positive specific praise or instruction. On occasion the coach may have to use strong words to instill urgency or focus, but on that occasion those words must be followed by positive-specific words/instruction to build that athlete back up or bring him back to an optimum level of performance.

XI. GOAL SETTING

“The will to win is not nearly as important as the will to prepare to win

When you set your goals it is important to follow some guidelines to maximize the direction and motivation they give you.

1. Be specific, setting technique and training goals, as well as performance goals.
2. Set a variety of goals; including a combination of short, medium and long-term goals. It is also important to set a timetable for your achievement.
3. Make your goals personal. Decide what you want to achieve. Don’t be afraid to set more ambitious goals that your teammates if you are willing to make a bigger commitment. But one must also be realistic. If you have less experience than your opponents and teammates, then set more short term goals that will allow for you to compete with yourself and always improve.
4. Make your goals Challenging. “You accomplish in proportion to what you put in”.
5. Discuss your goals with your coach and family, and then write them down.
6. Don’t fear to fail. “There is not crime in not reaching a goal, but only in failing to set one.
7. Evaluate your goals often. Modify them if needed.
8. Design a plan of how you are going to achieve these goals. Consult your coaches ask for their help and what training techniques will be needed to achieve your goals.
9. Make a COMMITMENT to your goals and work plan. “If you decide you want to become a champion, and then commit yourself to it and the work will be no problem”.
10. Discipline yourself to stay focused on your goals. You must follow through with your plan even when you don’t want to. Discipline can be described as “Doing something you don’t want to do when you don’t want to do it”.

Wrestling is a constant challenge. It takes commitment, discipline, focus to reach your ultimate dreams and you can achieve this by setting your goals and setting them high.

“Some athletes compete against only others, CHAMPIONS compete with themselves”.

XII. PROGRAM BUILDING

What is a program? A program is dynamic and it continues to change from year to year regardless of the wrestlers and the coaches. Programs consist not only of wrestlers and coaches, but also fans, boosters, corporate sponsors, high school staff and administrators. Program success is built on the efforts of all of these groups working together with the direction of the head coach. The program should have a plan and goals, which consist of long-term goals (5 years or longer) and several short-term goals, which will help you to in reaching the long-term goals. Some of the ideas that need to be created for proper development of a program are but not limited to the following:

1. Maintain an active booster club. Establish goals, which include a mission statement along with priorities.
2. Develop a newsletter, which should be mailed to boosters, sponsors, parents and alumni.
3. Create special event night's at all home matches such as, Youth wrestler night, Alumni night, Faculty appreciation night, corporate sponsor night, Pack the gym night etc.
4. Make and distribute a Parents Survival Guide. This includes maps to events, terms and rules of wrestling, a general info about wrestling and its history.
5. Develop a yearbook. This includes year-end stats, pictures, and any season information.
6. Produce a yearly highlight tape, which showcases the wrestlers, coaches, and supporters from the entire season.
7. Display a banner with all matches and corporate sponsors.
8. Promote all matches within the school, with the use of announcements, flyers, bulletin boards etc.
9. Use music and lighting to dress up all home matches
10. Employ the services of a quality announcer for all home matches.
11. Use public access TV to show home matches.
12. Have a special "Parent/coaches meeting "at the beginning of the year to answer any questions or concerns that they have about rules, schedule, booster club etc.
13. Develop a freestyle or off-season wrestling club. Wrestler can get additional 20-40 matches of wrestling experience through this season.
14. Develop a Youth Wrestling Club for the promotion and development of future wrestlers.
15. Try to bring in or start wrestling camps/clinics, local, regional/national competitors to your community.
16. Invite elementary wrestlers to be "Official Tappers" during home matches.
17. Conduct an off-season fundraiser such as a softball tournament or golf outing.
18. Invite a special guest to speak at your year-end awards banquet (Alumni, successful high school and college coaches, college NCAA qualifiers and champions or former professional athletes)
19. Have your high school & middle school libraries subscribe to publications such as, USA Wrestling, American Grappler, and Amateur Wrestling News

The goal here is to generate as many wrestling activities with your community as possible and to promote your sport as much as possible

Daily Practice Schedule

Practice I

2:50	Russian warm-up	10 min
3:00	Drilling (fundamental skill drills)	15 min
3:15	new takedown technique	15 min
3:30	Drill new takedowns	15 min
3:45	30 sec. Go's-Takedowns	15 min
4:00	Break	5 min
4:05	Stretch & Review	10 min
4:15	Drill on the mat	15 min
4:30	new mat technique	15 min
4:45	Drill new mat technique	15 min
5:00	30 sec. Go's on the mat	10 min
5:10	Full wrestle/situations	10 min
5:20	Conditioning (aerobic)	10 min
5:30	Cool down and showers	
5:45	Coaches meeting	

Practice II

2:50	Russian Warm-up	10 min
3:00	Drills: Takedown & mat technique	20 min
3:20	Review Technique	10 min
3:30	Wrestling: Takedowns, Groups 3-4	15 min
3:45	Break	5 min
3:50	Wrestling on the mat, Groups 3-4	15 min
4:10	Break	5 min
4:15	Full Go's & Situation wrestle, Groups 3-4	20 min
4:35	Conditioning and cool down	10 min
4:45	Showers & coaches meeting	