



## Winning the Close Matches

By Keith Manos

In any wrestling match the goal has always been to pin the opponent, but statistics prove more match outcomes are determined by points, not pins. And the winners of most of these, in fact, usually triumph by three points or

less. These matches can make even the best coaches tense. It is, however, up to the coach to prepare athletes for these close matches, and if he does an effective job his wrestlers should triumph most of the time.

In the first week of the season, weeks

before our first competition, I begin preparing my wrestlers for close matches. Here are my instructions:

1. "Keep your mouth shut and look over at every break (referee's whistle) at the coach.