



Coaching: Getting the Most Out of Your Wrestler

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There has to be mutual trust and respect between a coach and his athletes. A wrestler has to trust that his coach is going to do everything he possibly can to make him successful. The coach has to trust that his

athletes are diligent and committed to learning the styles and techniques he teaches and to achieving the goals to be the best wrestler he can become. Communication during the course of a match is critical in this relationship.

“You need to score,” yells a coach.

“Yeah, thanks coach, but do you have any suggestions that might help me accomplish that, like, right now?”

“You need to get out,” a coach screams.