



“Short Time”?

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“**S**hort time, short time...” This a very popular statement among coaches to inform their wrestler on the mat that there are about 10 or 15 seconds left in the

match. Coaches use this phrase to encourage their athletes to finish strong and be intense in the last seconds of the match. Most coaches would like to see their wrestlers perform at a high level throughout the entire match, not just for a “short

time” at the end of the match. A lot of times, wrestlers will fall behind in matches because of the lack of intensity in the beginning of the match, but then they all of sudden have a burst of energy at the end. Unfortunately most of the time it is too late.