



## Competitive Confidence

By Steve Knight

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**A**s experienced coaches and wrestlers you have to be asking yourselves what weaknesses to attack that will make the biggest improvement for the 2003-2004 season that is fast approaching. All too

often all that we consider is technique and conditioning. The purpose of this article is to motivate you to "think" about a third area: competitive confidence.

Let me frame the thinking like this: Picture a scale from one to ten. Now, eval-

uate yourself (Coaches--one of your wrestlers) in all three categories: technique, conditioning, and competitive confidence. Here are some examples.

**Technique:** a zero would be a rookie who knows very little or nothing at all; as