

**From:** Wrestling Mindset [wrestlingmindset@gmail.com](mailto:wrestlingmindset@gmail.com)  
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**To:** [lanny@wrestlingusa.com](mailto:lanny@wrestlingusa.com)



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## 2 Concrete Mental Strategies Kyle Snyder uses in Practice

We talk a lot about making practice more similar to a match to help wrestlers get used to competing. Kyle Snyder is a big proponent of this and gives two ways he does this:

[Kyle Snyder Mental Tactics for Practice](#)

[Watch Kyle Snyder's Mindset Monday on YouTube](#)

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