

## Wrestling Practice Philosophy

We will offer practice two times a week ([see BCW's home page for weekdays and times](#)). It is very important to make it to both of them if you want to improve as a wrestler. If you are passionate about improvement in your wrestling skills choose to make it to both. There will be several times during the season we will partner with other clubs to wrestle live and practice with. This mixes things up for the kids and builds the wrestling community.

### **PLEASE BRING A WATER BOTTLE WITH YOUR WRESTLER'S NAME ON IT.**

Practice will run for 2 hours each night generally unless our High School team has a home match. If that is the case, practice will end early as we encourage all our wrestlers and families to stay for the match (Varsity starting at 7 pm) and root on our High School wrestlers, remembering that will be your child someday.

Here is how and why we will spend our two hour practice time.

- 15 minutes Warm-ups
- 60 minutes Body Position
- 5 minutes Water Break
- 30 minute Live Wrestling
- 10 minutes of Games

Parents: If you are a coach or want to be involved at practice you need to know that you are not there to coach just your wrestler. That will not be allowed. You will help and coach all the kids. It is a team effort and we are a team. We want all the wrestlers to improve.

**Why warm up?** Every athlete needs to get his blood moving into all parts of his body much like a car needs its oil everywhere there is friction. This cuts down on injuries, clears and focuses the mind, and prepares our wrestlers for the night. Warm-ups include:

- Jogging, mixed with variation on jogging
- Foot speed drills: Foot speed is vital to wrestling
- Push-ups
- Sit-ups
- Neck bridges: Wrestlers **MUST** have strong necks for offense and defense
- Squats: Body position is number 1 in wrestling and squatting down instead of bending over is essential to a wrestler being in good position
- Stretching: We need to add flexibility to our athletes
- Agility drills like flip overs, dive under, the tree, etc....

**Body Position -- THE MOST IMPORTANT PART OF WRESTLING IS BODY POSITION! Drilling moves will be a large part of each practice.** Correct muscle memory to ensure a move is done properly during a match can only be accomplished by **CORRECTLY** drilling a move over and over throughout the practice season. We will focus on this relentlessly every practice. Lives and scramble situations will be done after a move is drilled to help the wrestler feel and try the move in a live situation.

**Situation live and scramble situations** are great for a wrestler to practice as often they are in a situation where no one move worked well and the wrestler who reacts the quickest gets the points.

**Live Wrestling** -- this is the time where we put into practice what we have been drilling. Kids want to wrestle! That is why they are coming and why they are wrestlers. Watch about any brothers or siblings and you will see them wrestle in your living room, kitchen, just about anywhere. Live wrestling is also the best conditioning for wrestlers as well. We will do lots of iron man rotation wrestling and live wrestling matches.

**Games** -- every study every done shows that wrestling is the toughest scholastic sport offered to youth and college athletes. Your wrestler will get banged, bruised, and bloodied from time to time. They will be tired and sweaty towards the end of each practice. They need a mental break and something fun to do after all their work. Ending a practice with a fun game does wonders for the wrestler psychologically and will help the wrestler end practice on a positive note. This helps ensure your wrestler will be more positive about the next practice

**Conditioning:** Wrestling is 90% mental. In order to strengthen the mind and help develop the mental toughness of a wrestler conditioning is needed. It pushes the wrestlers to give more than they knew they could and the result of this is a tougher wrestler on the mat. Since we only have 4 hours a week to teach wrestling technique, drill moves, and wrestling live we will spend the majority of our time focusing on wrestling. The actual matches last from 3 minutes to 4 & 1/2 minutes depending on the wrestler's age so our conditioning will be focused on short intense moments that simulate a match. Conditioning will be encouraged the other five days of the week for the athlete who wants more. After each practice wrestlers will have the opportunity to condition by joining the "nobody works harder club". This will be 15 minutes of very intense exercise.

It is optional and I ask that parents let their wrestler chose to do this or not. They will have already gone harder than any youth sport available.

The atmosphere of the wrestling room will be **POSITIVE, EXCITING AND ENERGETIC!!!**

We will catch the wrestlers doing things right and point it out to them!

**WE WILL ENCOURAGE, ENCOURAGE AND ENCOURAGE OUR WRESTLERS.**

We will expect our wrestlers to listen and be respectful during the instruction periods. If they do not listen or they are disruptive they will be asked to sit out. If it continues they will be removed from the practice room for a timed deemed by the coaches. We will not allow a wrestler to distract another wrestler who wants to learn and has paid to do so.

**REMEMBER THIS: "CONFIDENCE IS CONTAGIOUS AND SO IS LACK OF CONFIDENCE". OUR WRESTLING ROOM WILL BE FULL OF CONFIDENCE!!!**