

Coaches Clinic 2011

Rules Clinic/Parent Meeting: Please come to the rules clinic this coming Tuesday, October 25th at 5:30 (Pre-K, K, and 1st) or 7:00 (2nd and 3rd). This will be at Memorial Hall. There is a mandatory parents meeting, so please bring your wife. I will depend on you to actually coach while I am running the parent meeting. I will teach basic rules and then send you with your team to start your first practice.

Initial Phone Calls/emails: Please make a personal call and send an email as soon as possible to remind each wrestler on your team about the rules clinic. Tell them your team name, your name and number, email, and your scheduled practice time and location. Please remind the parents that the meeting will start promptly. Make sure you save their email!

Saturday Tournaments & Schedule:

Encourage kids to go to Saturday tournaments but make sure parents know they are optional. You will need to instruct them that they will need a USA wrestling insurance/membership card to wrestle on the weekends. Our tournament is on Saturday, November 19th. I will email information on tournaments during the week of the tournament. Try to come to the tournaments and wear your club T-shirt. If you cannot come, please tell your wrestlers to find me or another coach. I am requiring payment of \$2.00 to get into the tournament this year (and a membership card) because so many sign up and do not show up. So before you register, I will give each team a discount code for the number of wrestlers on your team only. So you can't tell the code to your relatives from Delta.

- I expect all coaches to help move mats on Friday afternoon and Saturday afternoon on our own tournament date.
- Dual meet schedules attached.

Vision:

1. I believe we have the best recreation youth program in the state without exception. I am convinced over time these kids will become great wrestlers. There are 28 varsity/JV spots in each high school and each wrestler can make great memories. We, as youth coaches, will be a catalyst to many great years to come.
2. Part of this vision is retention into next year and into the spring season. Some families will not choose to stay and participate in spring or summer wrestling but if they do they will: 1) Build confidence; 2) Build skills; and 3) Have more fun.
3. The most important thing you can do as a coach is to build a relationship of trust and respect with each wrestler. Make sure you know their names and you know their hearts. Please call the wrestlers when they miss practice and encourage them to hang in there. It is **AMAZING** what a phone call from a coach can do for a young wrestler.

Expectations & Tips:

1. Check your email daily.
2. Communication is important. Keep your parents in the loop consistently. Use email, facebook, or text groups when possible.
3. Play a game in each practice.
4. Allow the wrestlers to have fun.
5. Focus on basic skills and positions instead of advanced moves.
6. Retain wrestlers into next year. Do this by being responsible and bonding with them.
7. Teach life skills (especially sportsmanship). Do not allow or tolerate poor sportsmanship from your kids or their parents. Be an example of good sportsmanship.
8. Stay unified as a club/community team.
9. Build respect in the community.
10. Tell the wrestlers to find you before they wrestle at a tournament. Tell the parents the same thing.
11. Break down your instructions into simple steps.
12. Using position drilling: Let them start the middle part of a move (double leg). It's less frustrating for you and them.
13. Don't be afraid to let them wrestle live in practice. Keep it short.
14. Keep wrestlers paired with others their same size and ability whenever possible.
15. Keep the chaos down by encouraging parents to not let their kids run free.
16. Encourage parents to help their own wrestlers if they are not an official coach. Some moves are very simple. Moms can help!

17. Encourage parents to help with discipline. Especially don't hesitate to ask parents of hyperactive wrestlers for help with their son.
18. Be confident in your abilities (or pretend).
19. Timeliness. Be on time to practice.
20. Start the dual meets on time! There are other age groups behind you. Get there early and talk to the opposing coach while your assistant warms up the team. Don't wait for the official to start-Be assertive.
21. Please be a guardian of the facilities or we could lose them.
22. After each match, ask the questions: What did you do well? What can you improve?
23. USA Wrestling membership cards are available on-line.
24. State website www.wrestleutah.com. Log in for automatic email updates like you did on our www.championswrestling.com site.
25. Protect the mats as a high priority.
26. Don't get caught up in winning and losing.
27. Use www.themat.com and go to "coaches corner". Watch and learn from the folk style core curriculum for moves, drills, games etc.
28. Know what you are going to teach before hand. Plan your practices using the practice planning sheet download from the curriculum on www.themat.com. Remember you only have 7 practices.

Language:

1. Try to be aware of the words you are using. Simple words to an adult like thigh, ankle, waist, left, right, squat, roll through, angle, penetrate, post, set up, balance etc are completely confusing to 4 and most 5 year olds. Even some 6-8 year olds can struggle with common wrestling language. "Look away from the half" means very little to a wrestler who doesn't know better. Most wrestlers will "look at the half" out of confusion and end up getting pinned. Break down your words into their most simple forms and double check to see if they know what you mean.
2. Do not be vulgar.
3. One of the hardest things is to be positive. Focus your remarks on what they are doing right and then just re-teach what they are doing wrong. DON'T TELL THEM they are doing it wrong. "Great job keeping your head up so good against such a tough kid". "Keep fighting" is always better than "Don't quit". "Let me show you again how to post the hand and look away".
4. After each match, try to get the wrestlers to verbalize the good and the possible improvement to you and then go from there. Always tell them what you were most impressed with before you show them something they can do better. Again, don't tell them what they are doing wrong.
5. Don't tell them not to cry. This is a very scary and emotional sport. (Unless they are being theatrical).
6. Get your wives or trusted other to help you with your own sons so you don't get too intense with them. Listen when they give the help.
7. Make sure you split up the duties during the dual meets so one coach can process after while the other gets the next match going.

Phases and Coaching:

Phase 1 Winter: (Nov & Dec) City recreation during the week, club on Saturdays. Folk style only.

Phase 2 Winter: (Jan) January wrestling will continue but the team format will be different. I will need coaches to help, so please consider continuing to coach after December. There is no additional fee for the January wrestling.

Working toward Super State. We are still under city recreation umbrella during the week and club on Saturdays.

Phase 3 Spring: (Feb – Apr) For those that really love the sport or want to improve faster. Folk Style, Freestyle and Greco Roman styles will all be taught. New registration will be required. Club only. I will train coaches during this phase and need as much help as possible.

Phase 4 Summer: (May-Jul) This is a time for committed wrestlers to train extra and to prepare for national events. No additional fee if they participated in phase 3.

Phase 5 Fall: (Sep-Oct) This is a relaxed pre-season session of Folk style only. Short easy practices for those that want to keep their skills up during the fall.

Sample Practice Outlines:

Kindergarten division:

5 minutes - Warm up (run in circles around the outside of the mat while doing a variation of balance activities like front and back rolls, skipping, stance movement, duck walk, etc.)

- 2 minutes - Stretch (Keep the same routine so the wrestlers will get used to it. It helps contain them)
- 5 minutes - Review a skill. Coach teaches for one minute and then coaches observe wrestlers take turns 2 times each. Get parents involved. (half nelson, sprawl, stand up, hand control, double leg, duck walk, falling to your belly, single legs, etc.)
- 5 minutes - review another skill.
- 5 minutes - teach something new. Teach and then let them try it with a partner.
- 5 minutes – live wrestling in positions of new skill.
- 5 minutes – live wrestling.
- 10 minutes - Play a game. This is the most important part – don't leave it out. (sharks and minnows, leap frog, races, pushing out of a circle, etc.)
- 5 minutes - Teach life skill, give awards, and get a cheer (not quitting, sportsmanship, exercise, honesty, courage, teamwork, cheering for others, trust, etc.)
- Bantam and Intermediate divisions:** Same as above only with more time.

Basic Skills:

1. Half nelson: pressure on, **under armpit, hand on head (not neck)**, push head down if necessary, grab or block far side wrist, slide **elbow to elbow**, drive on an angle toward the wrist, be hip to hip, **drive with feet, adjust chest to face**, wrap up head by planting elbow on mat, push the wrist away. -ALSO- Teach to defend by pulling elbow to the navel, post far leg and arm at 8:00 and 10:30, look away, elbow spin or elbow roll if they are on their knees.
2. Double leg take down: Set up with touch, **deep step, head up, reach and grab both legs, head to the ribs**, knee slide, turn the corner, **push with your head**, cover. -see defense below with sprawl and recovering the head.
3. Stand up with hand control: Inside or outside. Initially **take away the angle with a KNEE SLIDE**, establish “slide off” position, glue elbows to hips and cross block with big hands. **Stand on an angle** with cross-**hand control** (not wrist), lean into opponent, focus on balance, head up and back step away while leaning into him or heist away from hand, stay in a stance and re-shoot
4. Stance: **Attack and square, wide feet, ability to move without crossing feet**, weight even on feet, **elbows in, hands in front and at least one at knee level, head up, knees bent**, keep good balance, **maintain the shoulder-knee-toe line, Head position is essential.**
5. Duck walk: **Drag the legs, elbows in**, hand in front, grabbing and locking hands, **head up. Long step & drag.**
6. Down block: **Head position**, hands to the mat or head, One hip slams, no elbows on mat, legs kick back, elbows in, **legs spread**, reach and grab hands off your leg, bounce to your feet in a stance, reverse direction, stay on top of his head, maintain constant hip pressure over head.
7. Single leg: Attack stance, set up, level change, **lock hands, head on the target (chest)**, head up, **drive through.**
8. Recovering the head: When defending a shot on the legs catch upper body with hands and hip pressure. Roll over the head with constant hip/torso pressure and take away the angle. Make him weight bear on the back of his head. Connect back of opponent's head to your own navel area.
9. Take down set ups: Any two set ups. Some common ones are push then pull, fake to one side then go to the other, under-hooks, Russian tie, pulling elbows, split the arms, pop elbows in, push arms to side, baseball grip, arm drag, pop the head, pull the head, slap the opponents hands, etc.
10. Shadow shoot with head up and back straight. Make sure **get an angle** and they **come back to stance** position.
11. Front head lock: Weight on the head, hips and legs back, grab chin and elbow, pull elbow to ear together (make him wave), head in armpit or cross arm block, reach for hamstring (not hip), **spin to finish.**
12. Hand fighting: Wrists, hands, elbows, head. Moving to angles (half man).
12. Inside control: Arms and or hands in an inside controlling position, comfort with tie, arm rotation, pummeling, elbows in.
13. Cross arm rides:
Chop and bump- hip pressure and elbow chop forward while reaching for cross-wrist.
Spiral: Break down from referee position by spinning in a circle. Bump up elbow with your forearm while spinning to the side you are bumping, back hand on the inner thigh, palm on thigh elevating leg, on toes with pressure over the shoulder and head. Capture cross elbow or wrist as he breaks down (or near wrist).

Please let me know if I can help you. MY PHONE # is 801-380-8828. Email craiglamont@me.com.