

Coach G's Intro to Wrestling

Hello everyone! If you are reading this, you have taken the first step to understanding the sport of wrestling. Whether an athlete, parent, friend or family member, wrestling is a sport like no other. Wrestling is a mentally and physically demanding sport and in turn a mentally and physically REWARDING sport. I want to start by providing Coach G's top 6 essentials to wrestling!

- 1. Academics** – Wrestlers have to be eligible to compete and that starts in the classroom
- 2. Physical strength** – Wrestlers require strength and that starts in practice
- 3. Cardio**– Wrestlers must have endurance to last the duration of the match, starts in practice
- 4. Integrity** – Wrestlers must embrace the highest levels, embraced everyday
- 5. Technique** – Wrestlers must execute with precision, taught in practice
- 6. Mentally tough** – 90% of wrestling is mental. A wrestling match is a test of will and the mentally tougher wrestler will eventually achieve personal success

Objective of Wrestling:

A wrestling match can be won in two different ways and the first of which is to pin your opponent, seems simple, right? Wrong. This means pressing your opponent's back or shoulder blades to the mat for a minimum of two seconds. If you pin your opponent, the wrestling match is automatically over. The second way to win is to outscore your opponent after the end of three - two minute periods.

Scoring:

There are several ways you can earn points during a wrestling match, so use them all to your advantage. There are plenty of ways to score and many of them come while on the defensive front. So, just because you may be outmatched or exhausted, it doesn't mean you have to recklessly throw yourself at the opposition and hope for the best. No, in fact, therein lies most of the strategies behind wrestling — are you constantly attacking? Or do you constantly wait for the right moment to pursue a pin? The choice is yours, you just must decide and hone your point of attack, carving out a reliable, personal, and unique form of wrestling! Here is a breakdown of scoring moves:

- **Takedown — 2 Points:** A takedown is awarded when you take your opponent down to the mat and control him or her.
- **Escape — 1 Point:** An escape is awarded when you escape out of your opponent's controlling position to a neutral or attacking position
- **Reversal — 2 Points:** A reversal is awarded when you escape your opponent's controlling position and get your opponent in a controlled position.
- **Near Fall — 2 or 3 Points:** A near fall is awarded when you have your opponent nearly pinned. This means their shoulders or back is within 5 inches of the ground for at least 2 seconds. Two points are awarded for two seconds in this position and three points are awarded once that position is held past five seconds.

Penalties:

But, of course, what good sport exists without penalty and punishment? For every honest, good-intentioned, rule-abiding wrestler out there, you won't be surprised to know that there

are just as many that will skirt the rules for any sort of advantage. Sometimes this is intentionally done, in hope that the official doesn't notice, but, sometimes it's an accident as well. Hopefully, you can use these definitions to avoid committing any penalties that either carry point deductions or potential ejection from the match.

- **Illegal Hold:** There are several illegal holds that will earn you a penalty deduction of 1 point for every time you use it. Some prominent examples include twisting the arm in a lock above a 90 degree angle or a headlock above the elbow.
- **Technical Violation:** There are a few different technical violations in wrestling including, but not limited to, going off the mat, stalling, and grabbing the clothing or headgear of the opponent.
- **Unnecessary Roughness:** This is defined by any act that is hazardous to an opponent's well-being.
- **Unsportsmanlike Conduct:** Unsportsmanlike behavior is addressed differently depending on if it is during or after the match. If it's during the match, the wrestler will be warned and possibly deducted one point. If after, the wrestler's team will lose one point for their team.
- **Flagrant Misconduct:** Any misconduct deemed flagrant will result in automatic ejection from the match and a deduction of three team points.

I truly hope this information has provided a little better understanding of wrestling. As we move forward into our 1st year, I am looking forward to coaching the young athletes, educating the family and promoting the love of a sport that has given so much to me.

Respectfully,

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