



Improved performance through a better understanding of STANCE - PENETRATION - MOTION - ELEVATION - BALANCE - CENTER OF GRAVITY & 3 CONTROLS

Before I step on the mat, I make my commitment to excellence

I see myself as a magnificent specimen—made in God’s image —born to win — designed for accomplishment — engineered for success and endowed with the seeds of greatness. I’m peaceful with my commitment to be here and work hard. My image is one of high standards, impeccable character with an outstanding work ethic. I make a commitment to never quit until I reach my goals. I will do everything asked of me, and then some, knowing that win or lose: my final is knowing that I did my best, and lived up to my “commitment to excellence”



Are you willing to make your “**commitment to excellence**” ?

X _____

Expect Victory

BASIC POSITIONS

What does it mean to be in a good wrestling stance? _____ Balanced _____

There are two type of stances what are they? _____ Square _____ Staggered _____

When speaking of stance what does C.G. Mean? _____ Center of Gravity _____

Where is your C.G in your stance? _____ Under your crotch _____

Draw an arrow pointing to outside edge of feet

Draw an "X" on the inside edge of feet



Draw a line on the toe line

Draw a line on the heel line



When attacking your opponents toe line, what techniques might you use?

When attacking heel line what techniques might you use?

To off balance your opponent you must attack the inside and outside edges of our opponents feet by creating angles and stepping in the zone

Draw a picture your feet if you were stepping in the zone



Draw a picture of where your feet would be if you had an angle



ANGLES

What is the definition of a positive hip angle? or angle for short?

_____ Your hips are facing your opponents and his hip are not facing yours _____

There are only two ways to create an angle

_____ Move yourself _____ _____ Move your opponent _____

There are three ways to score

1. _____ Under _____ 2. _____ around _____ 3. _____ over _____

What does it mean to penetrate?

_____ Move toward and through the target _____

Name 4 things that affect your penetration?

_____ Position/stance _____

_____ Feet _____

_____ hands _____

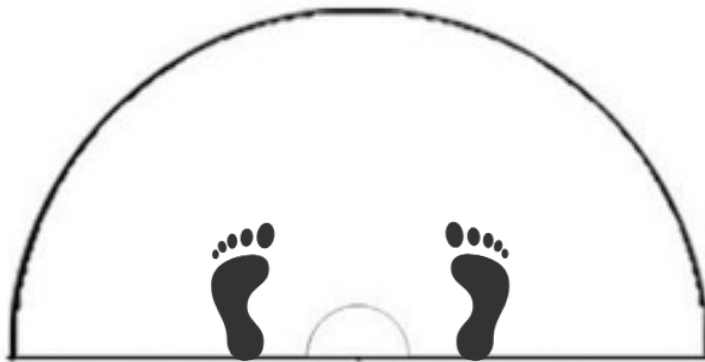
_____ head _____

In order to to beat your opponent on his feet, you must get the first _____ Step_____

Before we attack we must create angles and get through the lines of defense

The 180 degree hip factor what is it? _____ Angle of Attack_____

Draw the angles of attack



In most cases the more acute the angle the easier the attack

One you have created an angle, then you must? _____ Maintain or Control_____

MOTION

Motion is critical to success to many wrestler don't create motion, or the get off balance and loose there position.

How do we create motion? _____ move your feet _____

The term multi directional pertains to what? _____ Movement _____

Motion is good for?

- a. ___ creating angles of attack _____
- b. ___ misdirection _____
- c. ___ Fakes or faints _____
- d. ___ Getting to a control position _____
- e. ___ Maintaining a control position _____
- f. ___ Keeping your opponent off-balanced _____
- g. _____

Why would motion be bad?

- a. ___ If you got out of position _____
- b. ___ If you became off-balanced _____
- c. ___ In the wrong direction _____
- d. _____

Is elevation change part of motion? _____ yes _____

What are the problems with elevation?

- a. ___ Not low enough _____
- b. ___ Not often enough _____
- c. ___ Come back up _____

Proper evaluation changes clear you opponents lines of defense and allow you to penetrate .

3 CONTROLS

What are the 2 main controls we are looking for?

a. ___ Under-hook _____

b. ___ 2-on_1 _____

What's the third control we will take if our opponent takes his hips away from the fight?

___ Head _____

What is the definition of a control?

___ control is a position where you can score on your and he can not score on you ___

The key to taking a control is?

___ Make first contact _____

The key to maintaining a control position is?

___ Keeping your opponent off-balanced _____

When you loose a control position what should you do?

___ Get to another control position _____

The best way to maintain control of your opponent is to?

___ Move your feet _____ AND ___ Change you tie _____

The best time to score on your opponent is from a control position and in the ?

___ Transitions _____



Follow WWW.coachmattlindland.com

Twitter @mattlindland

<https://www.facebook.com/coachmattlindland>

8 Tips to Finding the right coach.

No man is an island, and every champion needs a support network. While it's important to have a good team and training partners, supportive friends and family, it's equally important to have a coach to act as a sounding board, hold you accountable, and be the voice of reason. Finding the right coach is about more than just finding someone you admire and asking them for advice.

The structure and accountability that comes with training under a coach are two of the biggest reasons you need a coach if you desire any level of success. Whatever your reasons for seeking a coach, the big question is: what do I look for?

1. Failure Plus Success

I want advice from someone who has done it a few times, and has seen failure and success along the way. Failure gives a coach a lot of insight and perspective into the process of building a champion. Alongside inspiration and experience, I would look for specific knowledge—someone who's got deep insight into what it takes.

2. Experience at all levels

You should select your coaches based on their experience. If you want to go to the top, then it's wise to choose a coach who has been there and taken others to the top. A coach that has been to the top and taken other students to the top has insights and advice on what it takes. Keep in mind that just because someone has achieved a high level of personal success in the sport doesn't mean they'll automatically make a great coach.

3. Someone Who Aligns With your Values

There are tons of successful people in the world; however, only a few will truly align with your values and world view. Make sure to find a coach who can truly connect with your vision and your plan. Also, look to see if their track record is similar to the one you envision for yourself.

4. More Than Just Advice, Relationships

Look for a successful coach, someone who has established relationships with a network of other industry leaders. Find someone that is respected and trusted in his field.

5. A Track Record of Proven Success

Look for a coach with a track record of proven success. Also consider their story, where they started, what they started with, and what they have become. I like to connect with coaches who share a similar story to my own because those are the mentors who have truly been in my shoes.

6. Someone Who Recognizes That My Path Is Different

The best coaches know that the path they took or the path their other students took is going to be different. Different is good since we are all individuals, these coaches can still offer advice that can help. If your coach starts trying to dissuade you or mold you into a younger version of themselves, find a new one.

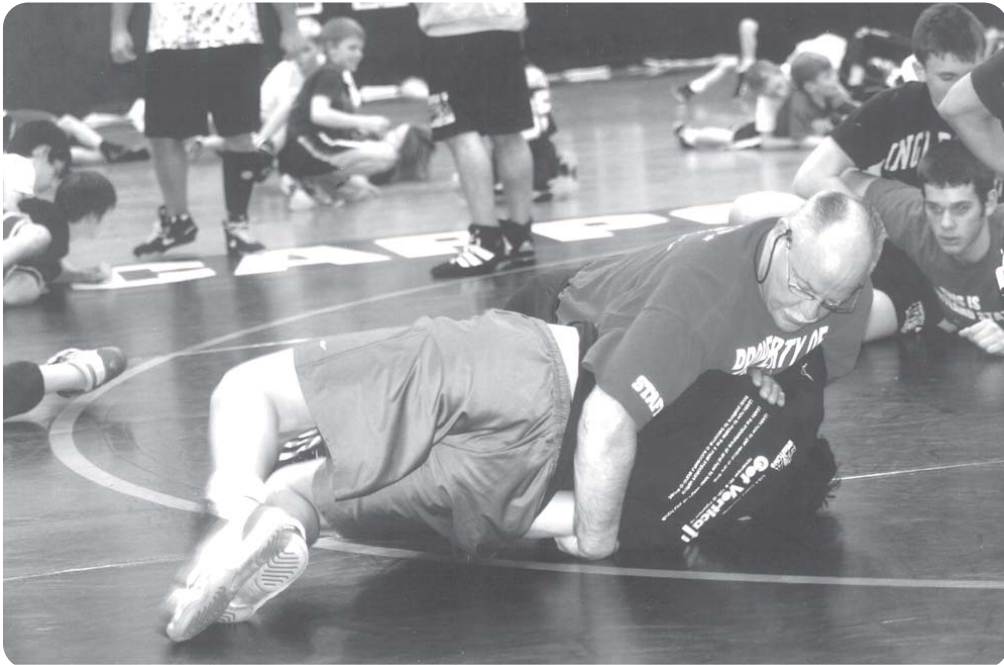
7. A Straight Shooter

Look for leaders who are straightforward and value the unedited, honest, and sometimes brutal truths that they have to share. I don't want them to sugarcoat their advice because their wisdom will undoubtedly make me a better. If the coach's intentions are pure, I want the truth over someone blowing sunshine up my ass.

8. A Coach for You

Take the time to think about how much of a commitment you want to make to your training and what you hope to get out of it. There are coaches for every level. Don't be afraid to ask potential coaches questions about how they can help you achieve your goals, whatever level they are at.

It doesn't matter whether you are looking to be the world champion or the local amateur title holder; there is a coach available to help you succeed.



The Artist

As a great artist reflects his inner thoughts and emotions with canvas and brush, the wrestler paints his picture with skills of courage, stamina, speed, strength, self-reliance, and a lifetime of struggle and training-knowing that the final reward (win or lose) comes from the struggle and not the triumph.

To an athlete, competing becomes the greatest of all art forms. The artist leaves his final work on the easel for all to see--but, the wrestler leaves his portrait of greatness in the memory of all the spectators that love our sport and the men that participate in it. As a coach, let me encourage you to continue to train and compete with the freedom of self-expression and the fight of a lion. If you apply what you learned in this camp and act with a 100% commitment, the victory is yours.

Coach Sprague