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Independence is what gave America its ability to become great!

Independence in life or in wrestling is the ability to make accomplishments on your own but knowing that there is help out there to get even better!

Independence is a wrestling match because you are alone but there is knowledge sitting in your corner if needed.

In independent coach's practices the same holds true!

No coach's scheduled practices are totally independent - but it's great to be able to go through one without your coach - if possible!

Coaching independence is - giving your knowledge to your team. They know what you know and then some!

Individual nonscheduled workouts are independent - do them on + off the mat.

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Dependent practices are more for learning of skills + strategies.

Dependent practices can be live but mostly for strategies, peaking and for pushing limits.

Peaking is for domination + for an injury free environment.

Strategies are for scoring and being able to execute a winning match plan.

Most practices are a combination of dependence and independence.

Practices that combine dependence and independence develop the mental toughness needed to win in wrestling and in life.

Mastering Independence gives one the abilities needed to lead others as well as themselves.

Dependence is the never ending power of knowing there is a higher level of excellence.

^{write} Combining independence + dependence is knowing your subject (wrestling or whatever) and your subjects (Athletes, employees) well enough to teach them what they need to know for maximum time efficiency + gains, individually + team wise.
(wasting no time)

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Six minute gas, Seven minute gas or whatever length matches - should be a part of independence.
West Waterloo H.S. wrestling coach Bob Siddens had ~~3-4~~ ³⁻⁴ of these ^{or} most days.

Iowa State U. wrestling coach Harold Nichol's practices were mostly independent with the athlete deciding when to take a break.

World + Pan Am coach Doug Blubaugh's practices were mostly live wrestling with lots of hard revising afterwards.

Olympic Coach Bill Farrell adjusted the practices to what the athletes were used to in their home training practices + facilities.