

Tom McCann

College Coaching: 6 Years- 2012-2018 - Assistant Coach- University of Nebraska at Kearney

Individual Honors

National Qualifiers- 41

National Placers- 31

National Champions- 8

Academic All-Americans- 49

Team Honors

Conference Champions-6 Times

Regional Champions- 4 Times

National Champions- 2013

National Runners-up- 2014, 2015

National 3rd, 4th, 8th- 2016-2018

10 Coaching Areas of Importance to Wrestlers

1. Teach the Rules of the sport! We have seen wrestlers lose many times because they (or ref) did not know the rule about a takedown, stalling, false starts, etc. Cover the rules, especially the new ones! Do this daily, especially early season practices. Coaches need to read and study the rule book!

A. Bauer's loss B. Adam's match @ State C. Not questioning judgement!

2. Importance of “BUYING IN”! Coaches must make wrestlers understand that one can't reach full potential, or help the team as a “part timer”! You can't reach second base with one foot still on first base! Commitment! “All-In”

3. Nutrition- Wrestlers must have a basic understanding of food as a FUEL. They must eat for PERFORMANCE and NOT TASTE! Have a basic understanding of why calories are important. Understand empty calories. Know that all foods are in the 3 categories: carbohydrates, proteins and fats- with recommended levels of daily consumption for each. Know that WATER is a nutrient! Hydrate!

4. Positions- On shots- on feet- on mat (best) demo- push man- on counters (demo-laces down). “Positions of Champions” and “Positions of Failure”.
Mean Gene and Crap Shots!

5. Control Pace / Ties- Must have a purpose! A. Meat hooks B. Under-hook/
wrist control C. Two on one- Some say this about 2 on 1!

6. Teach how to “Shadow Wrestle” - every wrestler must be able to visualize and be able to simulate a wrestling match – includes stance, motion, level change, penetration step, single and double down blocking, shot, re-shot.
Frazier on down blocking!

7. Fakes and Baits! “A good fake is better than a bad shot”! Demo body push!
Head, hand and foot fakes. “Sell it” - Wrist baits, drag baits, duck baits- Behm!

8. Penetration step for High-C, double and singles. Squash the BUG! Close the Gap- head up, back straight, hips in, drive through man!

9. Getting off the bottom! A. Knee slide-as many as it takes! B. Back pressure with hip heist. C.

Explode the Barrel- Drill with rolls (Peterson Bros.)- Use the POWER Train! Hips and legs!
NO DEAD or SWIM legs!

10. Clear Ankles! Must attack the position not run from position!

Wrestling Statements

Unless you continually work, evolve or innovate, you will soon learn a quick and painful lesson from someone who has!

Cale Sanderson

Success consists of going from failure to failure without loss of enthusiasm!

Winston Churchill

I do not fear the man that practices 10,000 techniques 1 time. I fear the man that practices 1 technique 10,000 times!

Bruce Lee

You must continually look for ways to score!

John Smith

I do not believe in luck! Luck is when preparation meets opportunity!

Dan Gable