

## **Nebraska Coaches Clinic - 2014**

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7 subjects, 50 minutes....

Introduction:

Your focus should be on your top 10-15%.

Cream rises.

All of the following is based on this theory.

1) Motivating the troops:

- Fun vs fulfillment
- Extreme vs balance
- The story of past wrestlers - build your own legacy
- Constant need to motivate yourself and others

2) Building culture of excitement and ownership:

Finding leaders and cultivating them:

- Teach them how to lead. Senior trip. Individual time spent.
- Celebrating those who lead by example and who are self starters
- Bringing outliers into the fold - embracing "courageous" conversations
- Having coaches who outwork the kids
- Developing yourself and your staff. Becoming a student of the sport.
- Getting on the bus:
  - Buying in
  - Earning trust and love
  - Family
  - Sincerity: real compliments, thoughtful, individual criticism
- **Everything is process driven** as opposed to results - Joe Robles WOW.
  - Its easier to buy in with a different perspective on pressure

- Toughness matters. It matters. Find ways to get guys to buy into building their toughness. Guys should be motivated to be tough.
- Structure – Start on time. Keep the rules/expectations simple. Kids love to find hypocrisy.

### 3) Building toughness:

#### Myths:

- You can't coach heart or toughness
- Kids these days...
- Tough kids come from tough neighborhoods
- Kids that through punches are tough - discipline and mental focus is the ultimate in toughness

#### Building:

- Our drilling system is based on continual, high paced movement
- In live wrestling, we celebrate guys who wrestle hard, never focus on the winner or loser of a go
- Culture that celebrates toughness
- Build more then you breakdown
- Any kid can be tough when he buys in - Joe Robles

### 4) Strength training:

- There is no secret.
- Arm and grip
- Super sets
- VO Max
- Teaching physical toughness with weights

### 5) Observations in big match wrestling:

Elite school wrestlers (guys who win the 5-4 match in the qtrs or semis or finals):

- Short time ride outs
- Great first move on top and bottom
- Solid mat returns
- Short time escapes; putting two or more together and earning 100%

of the escape

- Don't give up legs easily; control ties, use head and hands defense well
- Quick and hard finishes; we keep this very simple and work it a ton
- More athletic kids: Re-shots
- Less athletic kids: pace, pulling the head and short offense
- In neutral, up by 1, short time
- Everyone is in shape, those who win stay hyper focused win
- Visualization. Done best one on one.
- Kids that win the big match are there to win.
  - This needs to be address throughout the season/career when guys falter

## 6) Peaking at for the big ones: Our system

- 1st half or 60% of the year is geared toward breaking them down, earning buy in, and hammering guys for great effort.
  - Harsh but not hostile atmosphere.
- Last part is building them up (conscience change of direction) and celebrating of buy in, great individual efforts, and strengths.
  - Much like boxers are brainwashed to believe they are unstoppable.
  - We shorten our practices and make them harder
  - Practices are geared toward individual technique, strengths, and weaknesses
  - Talk thru every conceivable scenario so that they are prepared for everything:
    - What happens if this feeling comes?
    - What happens if you find yourself second guessing your abilities?
    - What happens if you get decked in the first?
    - What happens if you are up by one with 50 seconds left?
    - How do we approach OT?
    - What to think before the match?
    - What if you are having trouble with positive thoughts before?
- Hard in the first, turn it up in the second, and break him in the third
- Our guys believe that nobody trains harder then us, that nobody

deserves it more than they do:

- This is predicated on hard work and a ton of brain washing

## 7) Strengths vs Weaknesses in individual athletes:

Focus mostly on strengths:

- Keep it simple. Rundell and Kamal only have a few things
- Be unstoppable at what you do. Make their best stuff better.
- Focus on deficiencies when they get in the way of strengths. Look at points given up, or at a failed escape, or a failed ride out.