

Coach Jim Miller – Wrestling - 2018

KEY POSITIONS: These were Not always the same year to year. These positions that needed attention developed from watching athletes especially in competition, and they may change during the year.

EXAMPLES:

-Edge of Mat/ Circle/shot/finish

-Single Leg Up/ Opponent goes to the mat First/cover

-Rear Standing/ (Offense-Defense)

-Upside Down Position/ (Offense-Defense)

-Bottom Leg/

-Schultz Finish/

-Beat Legs/

-Wrists Control

Key Positions Incorporated in Warmups, Short hard goes, and at end of practice when fatigued...

Technique: Idea start with the Finish (My teams improved with this) H/C, Single...

Reaction Drills/Scrambles: far ankle start, from stomach...

Hands Free drills/games

Play Wrestle

PEAKING:

Stick to Successful Routines (Warm Ups, What/When to eat, thoughts...)

Don't Make it Complicated/ Don't Beat Yourself

Success is Best Time to find the right routine individually

You Don't always have the Best Team in Duals, Conference, State... Just Better that One Day/Weekend