

MCA Wrestling Notes

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“A great coach can turn a good athlete into a great athlete but you will have trouble turning a mediocre athlete into a great athlete. You can’t turn sand into water.” Dan Gable

- 1. Teach our athletes...”To Compete”**
 - i. Teach it! Be “Optimistic and Positive” every single year.**
 - 1. Walk:**
 - 2. Shake Hands:**
 - 3. How to Win/Lose:**
 - 4. Push through the pain threshold:**
 - a. “To get to the next level you need to endure a little pain”**
 - b. “Change the way you see pain....Welcome it!” J Rob.**
 - ii. Be Confident but not Cocky.**
 - iii. Doing 100%100% of the time!**
 - iv. Vision: Pound the Subconscious Mind! (Yoga, Visualization, etc.)**
 - v. Find that “Pressure Point”**
 - vi. Be on the “Double Win” Train: “Don’t be afraid to lose!” (Score, Score, Score)**
 - 1. Why we lose:**
 - a. 60% Beat ourselves**
 - b. 30% Better Competition**
 - c. 10% Big Mo.**
 - b. Lead by Example: “70% Rule”**
- 2. Build your “Culture”.**
 - a. Build the team and a family. “Better a thousand enemies outside the tent than one within.”**
 - b. Relationships: Take time and effort.....”Row the Boat!”**
 - c. The Unselfish Athlete:**
 - i. How hard you work: In-season, Pre-season, Off-season, Classroom, Weight room, and staying away from drugs and alcohol. “How do you want to be remembered?”**
 - d. Build Champions for “Life” (Get them addicted to working out)**
 - e. Fun**
 - f. Remember: Less than 2% of your varsity athletes go on to play in college! (Memories Baby!)**
 - g. Develop a “Success Style!” Mold it with your team!**
- 3. Work Smarter vs. Harder Philosophy (Biggest Change from 2008)**
 - a. Deliberate Practice (1% Better philosophy)**
 - b. Ask: “Why are we doing this?” (Film Study/Running)**
 - c. Make every second count in practice. “No down time”**
 - d. Off Season Stuff**
 - i. Delegate to your Strength and Conditioning Program**
 - ii. Primary vs Secondary athletes**
 - e. “Play Wrestling”**

- f. **“Rookie Schedule”**
- g. **No two-a-days....**
- h. **Longest Practice will be 1:45 minutes, Pre-meet: 45 Minutes! Yes..Really!!**
- i. **Have Popsicle days!**
- 4. **Feeder Program**
 - a. **Make sure it feeds your high school program**
 - b. **Share coaches and philosophy**
 - c. **Market your program (Social Media, schools, cost, success, etc.)**
 - d. **Russian System Philosophy: 10 -1 Practice/Competition Ratio for younger athletes and a 5-1 Ratio for middle and high school age athletes.**
 - e. **Focus on the Fundamentals**
 - i. **Skill Development: 1. Define it 2. Model it 3. Shape it 4. Reinforce it
.....Repetition Baby!**
 - f. **Keep kids in your program (70% quit sports by age 13)**
- 5. **Unleash the “D”**
 - a. **Think Different:**
 - b. **Average can excel if master the “Big D”!..... Story after Story!**
 - c. **Easiest aspect of the sport and least amount of time spent on it**
- 6. **Form a “Team” with your coaches**
 - a. **Find coaches that are better than you! (Where you are weak....They are Strong!)**
 - b. **Not just technicians....Kid Magnets!**
 - c. **LISTEN To Them.....Make decisions as a Team of Coaches**
 - d. **Delegate: Really do this!**
 - e. **Buy in**
 - f. **Make it “Fun”**
- 7. **Share athletes (Football relationship is a must)**
- 8. **Coach the 80% Technique:**
- 9. **Parents**
 - a. **Remember that their child is the most important person on the planet.**
 - b. **“Get them on your boat!”**
 - c. **Booster Club**
 - d. **Communicate every message via three sources (Text, Facebook, & a Hard Copy)**
- 10. **Market your program (We do have “Competition” for your athletes)**
 - a. **Social Media**
 - b. **Anything and Everything “Positive” about your program promote it!**
 - c. **Give back to the community**
 - d. **Use Former Athletes: 100 years of athletics at FHS....I use this to our advantage!**
 - e. **Help develop a “Championship Program”**
 - f. **Make it easy for the Media: Send them exactly what you want.**
 - g. **Market your competitions (Announcements, Newspapers, and Social Media)**
 - h. **Select a theme for each game (White out, Alumni Night, Peterson, Honorary coach)**
 - i. **All-State, State Champions, All-American boards in practice area.**

“Remember three things ever athlete should say about their coach: 1. My coach cared for me. 2. My coach was proud of me. 3. My coach cannot wait to see what is in store for my life.”