

# “Back Points”

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## Tournament Time

Here it comes, the best time of the season! It seems like just yesterday we were talking about how close the season was to starting. Now before we know it, the Folkstyle season will come to a close with the State Tournament. Heading into these “big” matches, it’s important for athletes to stay calm, relaxed, and focused. You should strive to be intense, but not tense. How do you do that? My suggestion is to believe in your training. You’ve prepared for weeks, months, or possibly years for these events and you’re prepared for it. Training time should be short and intense. Practices should be no longer than 90 minutes tapering shorter and shorter as you get closer to the state tournament. Live goes should get shorter to encourage scoring quickly with your most effective stuff when it counts. The amount of live should get less and less to minimize injury. A high paced drill is probably a better option to keep the body injury free while still getting in a few “hard blows”.

You should also be focused on executing only the techniques that you plan to hit in matches. Extra emphasis should be put into match strategy and tactics. What is your plan when an opponent plays the edge? What about when an opponent tries to slow the match down by clamping on your collar? Double overtime, can you get away? Can you ride? If you’ve spent time working on these situations in practice, and come across them in a match, the anxiety level will be lower, because you’re confident you know how to adapt. Also, time should be spent on overcoming adversity. Wrestle short situations where you are losing by 2 with 30 seconds remaining, on bottom with a tie score and short time, on top with a 1-point lead and short time. In each of these types of situations, find a way to win. If you’re struggling, don’t leave the room until you find a way to succeed.

The last suggestion I have is to put the focus on execution versus outcome. In order to win the tough matches, you need to put yourself in a position to do so. What I mean is be steadily on the attack, working for scores. I recently read a study about Team USA at the World Championships regarding the number of attacks per period each athlete took. World Champion Bill Zadick was on the attack offensively about 4 times each period. Bronze medalist Donny Pritzlaff wasn’t far behind with 3.5. Each of the medalist’s for Team USA at the World Championships attacked on average of 3 times each period. If they can do that against the best in the world and earn a medal, I have no doubt that it will be an effective strategy at the high school level. If you make a focused effort to attack a minimum of 3-4 times per period, you’ll put yourself in a position to be successful, and the wins and losses will take care of themselves.

## Online Clinics

I hope you have taken some time to view Online Clinics 1 and 2 and found them useful. I will continue to put out online clinics on various topics to provide technical tips. If you are interested in learning something specific, please let me know and I’ll get it covered.

## On the Mat Clinics

I will be conducting pre-tournament clinics at youth tournaments in Green Bay (Preble East) on February 4<sup>th</sup>, Mukwonago February 11<sup>th</sup>, as well as conducting a youth practice at Delavan-Darien on March 7<sup>th</sup>. On April 7<sup>th</sup>, I’ll be at the Burlington Freestyle/Greco tournament as well. I hope to see many of you there.

## Bronze Clinics

I’m pleased to announce we will be offering a number of Coaches Education opportunities across the state this spring via USA Wrestling’s Copper and Bronze Clinics. The first Bronze Clinic is coming up on March 11<sup>th</sup> in Burlington. I will conduct a Copper clinic on March 23<sup>rd</sup> the night before Kid’s State. Other Bronze clinics will be April 20<sup>th</sup> at Fond du Lac High School (night before Greco State) and April 27<sup>th</sup> at Wisconsin Rapids (night before Freestyle State). Finally on May 31<sup>st</sup>, Tony Black will conduct a Bronze clinic in River Falls. This should be more than enough opportunities for those interested in becoming certified. As a reminder, anyone wishing to coach at any USA Wrestling National Event, must be a minimum of Bronze certified. Next year, anyone wishing to coach at any Regional, will also need to be Bronze certified. Please take the time to participate in the Coaches Education Program. It is a valuable experience to network and learn from others, while improving as a coach. Besides, what’s more fun than getting a bunch of coaches together and “talking wrestling”?

See you on the mats,  
Mike DeRoehn  
WWF State Coach

## Week 11-Day One

10-Warm up and Stretch

5-Game-Palm Pushing

15-Drilling-Encourage kids to hustle without being sloppy.

- 3-Inside leg stand-up
- 3-Change over when opponent spirals
- 3-Knee-slide to a stand up
- 3-Rotate back over an ankle pick
- 3-Base building to a stand up

5-Drink/Game-Finger fencing

25-Technique-Begin “Other takedowns” to be used when opponent keeps legs back or you can’t get to their legs

- Club to a front headlock→circle toward the head, snap to the mat, backhand around
- Club to a cement job
- Cement job→opponent circles and pulls head up→change to nearside, high single

2-Drink/get headgear

20-Live wrestling

- Groups of Three; 90 second goes
- Out man skips rope
- Start each new period in neutral
- Give positive vocal recognition if someone uses cement series

5-Conditioning

- Hall Sprints
- (Sprint down one side, jog the other x 10)

5-Cool Down and Stretch

## Week 11-Day Two

10-Warm up and Stretch

5-Game-Chicken Fighting

20-Drilling (sets of three)

5-Leg Attacks and go directly into a turn i.e. turk, catch low shoulder

5-Club to cement job

5-Cement job to a high single

5-Live Situations (double, hi-c, single, turk, cement job)

5-Drink/Game-Spinning Bear

20-Technique-continue cement series

-Cement Job → opponent squares up hard and fights “underhooked” arm down → circle towards the head and snap the mat; limp Underhook arm out and backhand around.

-Locked Cement mixer

-Unlocked cement mixer

2-Drink/get headgear

20-Live wrestling

2-2-2 x 3 with winner doing 2 “down and back” sprints, loser does 4 after each match.

5-Conditioning

-10 second goes from referee’s position x 20 (each kid gets 10 on top, 10 on bottom)

-Encourage exploding out and hustling for 1 point on bottom and/or stopping the first move and slapping on a tight ride on top.

## Week 12-Day One

10-Warm up and Stretch

5-Game-Tree's tag

20-Drilling

5-offense

5-defense/counters

5-top

5-bottom

5-Drink/game

-Somersault tag

20-Technique-Begin slide-by series (a.k.a. shrug, Easton shrug, )

-Learn the motion first (shrug the shoulder, shuffle the feet, and look away)

\* They should be able to get this down first so it's not confused with a duck under\* they need to shrug their shoulder, pull their head away, which extends the opponent's arm and shuffle their feet behind.

-Over-tie slide-by

-Pinky push to a slide-by

2-Drink/get headgear

25-Live wrestling

-90-90-90 x 3 with 1 min overtime, and double overtime (2-30 second goes in referee's position)

5-Conditioning

-High knees in place (timed bursts w/ active recovery [jogging in place] between)

-15 seconds-30-45-1 minute-45-30-15

## Week 12-Day Two

10-Warm up and stretch

5-Game-Cat and mouse (a.k.a. line tag)

20-Drilling

- 5-Offensive attacks (leg attacks, cement jobs)

- 5-Defense (shot-counter shot, down block to backhand, heavy hips to backhand)

- 5-Top (stop first move, breakdown, half, bar, hammerlocks)

- 5-Bottom (stand ups and partner giving them different looks i.e. spiral, ankle pick)

5-Drink/Game

- Color Tag

20-Technique-continue slide by series

- Review over-tie and regular slide by

- Teach new: knee pick → regular slide by

- Re-tie pass by (a.k.a. snow shovel)

2-Drink/get headgear

20-Live wrestling

- Groups of three; 1 minute goes

- 10 min. neutral/10 min top, bottom, out

- Out man does 10 push ups

10-Conditioning/Game

- Relay races with sprints, bear crawls, scorpions, crabwalks, rolls, etc.