2022 IHSWCA COACHES CLINIC – PERFORMANCE VS RESULTS

WHAT OLYMPIC STYLES CAN DO FOR HIGH SCHOOL WRESTLERS

“5 P’S” PROPER PREPARATION PROMOTES PEAK PERFORMANCE

**COACHES MINDSET**

WHAT ATTRIBUTES WE WANT IN OUR WRESTLERS

“MIRROR” CONCEPT

SELF REFLECT

CONSISTENCY

* HOW YOU GET YOUR MESSAGE ACROSS
* REWARD AND RECOGNIZE WHEN WRESTLERS ARE FOLLOWING THE PLAN, ON/OFF THE MAT
* BRING THE SAME ENERGY AND ATTITUDE TO PRACTICES AND COMPETITIONS
* PUT A POSITIVE SPIN ON EVERY THING YOU SAY. NEGATIVITY AND EMBARASSMENT KILLS AN ATHLETE'S DRIVE.
* DURING PRACTICE AND COMPETITIONS MAKE STATEMENTS THAT WILL HAVE A POSITIVE IMPACT WHILE COACHING. AVOID ASKING QUESTIONS OR MAKING STATEMENTS THAT WILL HAVE A NEGATIVE IMPACT.

EXAMPLES BELOW: BOTH COACHES WANT THE SAME THING, BUT GO ABOUT IT DIFFERENTLY

* + “FIND YOUR TIES, GET TO YOUR OFFENSE” VS “WHY AREN’T YOU DOING ANYTHING?”
	+ “START MOVING, CLEAR YOUR HIPS AND YOU’LL FIND YOUR ESCAPE” VS “YOU’RE NOT GONNA SCORE JUST SITTING DOWN THERE”
	+ KEEP UP THE EFFORT, HE’S WEARING DOWN, POINTS ARE COMING!” VS “YOU HAVEN’T TRIED HARD ENOUGH, GO HARDER!”

TAKE THE FOCUS OFF “WINNING”

* WRESTLERS THAT WIN THE MATCH, MAY NOT HAVE PERFORMED WELL. WRESTLERS THAT LOSE THE MATCH, CAN PERFORM VERY WELL. RECOGNIZE THIS AS A COACH. FIND THE GOOD AND BAD IN EVERY PERFORMANCE SO THEY CAN CONTINUE TO GET BETTER. EXAMPLES
	+ WRESTLER X EASILY BUILT A 6-0 LEAD IN 1ST PERIOD AND GAVE MINIMAL EFFORT TO WIN 6-4.
	+ WRESTLER Y IS OUTMATCHED AND IS BEHIND 8-0 AFTER 1ST PERIOD. GIVES GREAT EFFORT AND MAKES A COMBACK TO LOSE 12-9. PLENTY TO BE HAPPY ABOUT IN THE PERFORMANCE.
* IF YOU ONLY COACH HARD AFTER LOSSES, YOUR ATHLETE WILL RECOGNIZE THAT WINNING IS WHAT YOU WANT. CONTINUE TO COACH YOUR WRESTLER AFTER WINS AS WELL.

**WRESTLERS MINDSET**

WHY DOESN’T THE BEST WRESTLER ALWAYS WIN THE MATCH?

1.

2.

3.

4.

5.

6.

STRIVE TO BE THE BEST VERSION OF YOURSELF

* THE BEST WRESTLER DOESN’T ALWAYS WIN THE BRACKET, SO INSTEAD OF FOCUSING ON BEING THE BEST WRESTLER IN THE BRACKET, FOCUS ON BEING THE BEST YOU IN THE BRACKET! IF YOU PREPARED PROPERLY AND EXECUTED YOUR GAMEPLAN THE BEST YOU COULD, THE RESULTS WILL BE SATISFYING!

TAKE THE FOCUS OFF OF “WINNING”

* MAKE IT ABOUT YOUR PERFORMANCE!
	+ EXECUTE YOUR GAMEPLAN!
	+ WRESTLE YOUR PACE!
	+ GET TO THE POSITIONS THAT FAVOR YOU AND THEN ATTEMPT TO SCORE POINTS AGAIN AND AGAIN AND AGAIN!!!!!!!
	+ PACE + POSITION = POINTS
* IT CAN’T BE ABOUT WINNING EVERY MATCH BECAUSE NO ONE HAS EVER WON EVERY SINGLE MATCH THEY’VE WRESTLED.
* IF WINNING IS EVERYTHING, YOU’RE SETTING YOURSELF UP FOR DISAPPOINTMENT. THE MORE WRESTLING MATCHES BECOME ABOUT WINNING, THE MORE LIKELY YOU ARE TO LOSE YOUR COOL DURING A LOSS, THROW A HEADGEAR, CURSE AT SOMEONE, PUNCH A WALL ETC ETC. ALL OF WHICH ARE TOTAL TURN OFFS FOR COLLEGE COACHES THAT MIGHT WANT TO RECRUIT YOU.

CONSISTENCY

* SHOW UP EARLY TO PRACTICE
* BE FOCUSED, MAKE EYE CONTACT WHEN COACHES SPEAK
* BRING A POSITIVE ATTITUDE
* GIVE YOUR BEST EFFORT
* NO FEAR TO FAIL – TRY NEW TECHNIQUES – MISTAKES ARE ONLY BAD IF YOU’RE NOT WILLING TO LEARN FROM THEM

**BENEFITS TO OLYMPIC STYLES**

* MORE TIME ON THE MAT DURING HS OFF SEASON
* TEACHES NEW TECHNIQUES
* TEACHES MORE BODY CONTROL
* TEACHES MORE MAT AWARENESS
* DEFENSIVE SCORING IS EASIER, SO TAKEDOWN FINISHES BECOME CLEANER.
* LEARN HOW TO THROW AND BE THROWN
* OPPORTUNITIES BEYOND HS AND COLLEGE