



## Special Practices

By Carol and Patrick Milkovich  
2x NCAA Champion and Distinguished Member  
of the National Hall of Fame

**L**ast month our article focused on maximizing your practice time. This article follows up with ways to structure practices that will strengthen weaknesses that are common among teams. As a coach, you might come into practice and tell the team that you weren't happy with a certain area of their wrestling. Now would be a good

time to break up a regular practice routine to work on specific mat strategies. You could work on how to protect a lead and stall effectively. Maybe your wrestlers haven't been getting off bottom well enough, or haven't been defending a single leg very efficiently. Whatever the team didn't do well in a match or in a tournament should become a major focus of the

next practices. An effective coach understands the importance of trouble-shooting individual and team weaknesses.

Perhaps your team missed scoring opportunities off a missed shot when opponents were coming up off their knees. The situation calls for one man to take a shot and the opponent sprawls away so that both end up on their knees,