



NWCA NEWS

Self Discipline

By Dean Donnelly



What knowledge and skills do you want to teach your wrestlers during the time they spend on your team? I do not think I am taking a too great a leap of faith here by assuming that your instructional goals extend beyond single legs and how to best manage mat strategy. After all, even allowing for the athletes that continue to compete after

they leave you, at some point in the very near future, takedowns on the edge of the mat are going to be of absolutely no value, unless of course our workplaces begin to resemble those commercials with the football player close-lining employees who violate company policies.

I am going to crawl out just a bit further on the faith limb and suggest that self discipline can be found somewhere on

your list of life skills to impart to your wrestlers. This is a tough one. It requires a great deal of patience and is much more complicated than simply instilling discipline. Ruling with an iron fist, running a tight ship, establishing and enforcing team rules are all part of discipline, but how do you establish parameters so that your wrestlers begin to actually discipline themselves?