

## Coaching Character in Wrestling

Using Words and Actions to Meet the Needs  
of Team Members

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**R**ecently I attended a high school dual meet to scout local talent. In one of the matches a young underclassman wrestler was struggling in his bout. His coach angered, screamed at him to maintain position, keep his motion going, and to defend the attacks from his opponent.

In the second period the young wrestler was being turned and controlled on the mat. The outcome looked like a certain loss. But all of a sudden, this young athlete reversed his opponent and recorded a fall for the victory!

Finally, the yelling from the bench stopped. Replacing it were loud applause

and shouts from the crowd. The victorious wrestler quickly swung his head around to sneak a peak of his coach, hoping for acknowledgement of his achievement - just a simple smile was all he was looking for - but unfortunately the coach's attention was focused elsewhere.

After having his arm raised, the