

Postseason Wrestling Tournaments

By Bill Welker



Of course, there is no substitute for experience when it comes to developing wrestling skills. So if a wrestler is determined to be a state champion in today's highly competitive athletic world, he will need to compete in postseason tournaments.

On the other hand, there are some very important concerns that must be addressed regarding the advantages of postseason tournaments for the wrestler. Following are recommendations for participating in open wrestling competitions after the regular season:

1. First and foremost, the wrestler should join a well-coached wrestling club that stresses conditioning as well as the basics of the mat sport. The surest way to get seriously injured at a postseason tournament is not being in sound physical condition. It would be a tragedy to miss in-season action due to a long-term injury sustained at a post-season wrestling tournament.

2. The wrestler should not be concerned with weight reduction when competing in postseason tournaments. Year-round weight watching will lead to wrestling burnout. This loss-of-desire phenomenon has ended the careers of many fine wrestlers.

3. Do not wrestle in too many postseason tournaments. Five highly competitive wrestling tournaments would suffice. You don't want to peak at the end of summer but at the end of the wrestling season. . . at the state championships!

The wrestler's goal for wrestling in post-season tournaments should be threefold: First, he should continue to use successful moves previously learned in an effort to perfect them.

Second, this is the time of the year to attempt new moves. It doesn't cost the wrestler or his school's wrestling team anything if he fails to complete a new maneuver. The key is that the wrestler learns from

the experience and makes the appropriate adjustments.

Finally, the wrestler should be constantly evaluating his progress with the assistance of his club coach. Summer wrestling tournaments must be viewed as a means to an end, preparing the wrestler for competitive action during the season.

Remember: college coaches pay far more attention to where you placed at states than where you placed in postseason tournaments.

Note: This excerpt is from The Wrestling Drill Book (Chapter 7: Effective Practices and Off-Season Activities). The book can be purchased at humankinetics.com or Amazon.com.

2006 NAIA National Championships - Senior Scott Taylor (Dana College) battles for position against Chad Jennings (Missouri Valley) in their 157-pound quarterfinal match. Taylor won the match 8-7. Photo by Richard Fergola.

