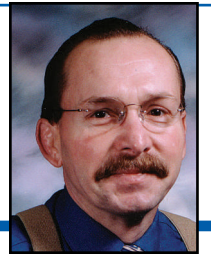


# Blindfold Wrestling

By Bill Welker



**B**lindfold wrestling is another beneficial practice innovation. The workout session is the same, with one exception: the wrestlers are blindfolded. Though the wrestlers may be a little hesitant at first, they will soon realize that they really don't need their eyes to wrestle.

Proper body positioning in wrestling is really a matter of feel, a sense of where you are or should be. Of course, such mat sense can be achieved only via years of practice. Blindfold wrestling is one workout medium a coach can implement to achieve this wrestler-oriented goal. The only props needed are blindfolds cut from old bed

sheets. Following are a few basic guidelines for incorporating blindfold wrestling into your daily practices:

1. When first introducing the wrestlers to blindfold wrestling, blindfold only one of the wrestlers in each pair. The sighted wrestler will help stop his opponent when going out of bounds.
2. After both wrestlers have experienced being alternately blindfolded and feel comfortable with the technique, blindfold both of them.
3. To start in the neutral position, the two wrestlers will use the "fingertouch" method as described in Rule 6 of the NFHS Wrestling Rules Book. This will also prepare the wrestlers should they ever have to compete against a wrestler with a vision impairment.
4. No variations are needed for the referee's position, even if the optional offensive starting position is used.
5. The wrestlers must stay in continuous contact with each other throughout the entire workout.

Safety measures must be taken into consideration. First, there should be fewer wrestling pairs competing on the mats than usual during blindfold wrestling. Second, those wrestlers waiting to work out must act as spotters, stopping their peers as they are about to go out of bounds. Third, these wrestlers should also lead the blindfold wrestlers back to their starting positions and restart them. Finally, the coach's whistle must be the signal for all blindfolded wrestlers to stop immediately.

During a blindfold wrestling session, the coach should stop the wrestlers and ask them what they are experiencing. The most common response will be that the wrestlers found themselves reacting to their opponents' movements rather than thinking about what to do.

You will learn by watching whether your wrestlers are responding properly and swiftly enough, relying primarily on their sense of touch rather than sight. And as we all know, this tactile (or mat) sense is a characteristic observed in all champion wrestlers.

**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](http://humankinetics.com) or [Amazon.com](http://Amazon.com).



The Original  
**Cael**  
Wrestling  
Shoe is  
Back

By Popular Demand!!

Asics best selling wrestling shoe, ever!

- Good looks • Good Feel • Good Fit
- Special Edition • Special price
- Suplay Exclusive!

#64CA **Only \$74.99!**

Limited supply!

More Asics Shoe Specials!

Asics Fifty-Four™



asics

#6454

SPECIAL!! \$79.99

Split Second V™



asics



#64SS

SPECIAL!!

\$47.99

TEAM (10+)

\$44.99

Ad Code: WUSA116

1-800-634-4874

See Our Internet Specials at  
**suplay.com**

Wrestler's World

SHOES MAKE GREAT GIFTS! • SHOES MAKE GREAT GIFTS! • SHOES MAKE GREAT GIFTS!