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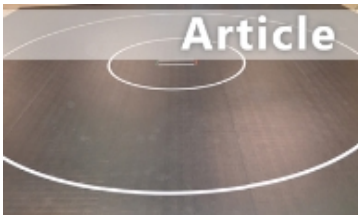
This Edition's Coaching Instructional Content:



Bottom Position - Change Over

Tom Ryan - Ohio State

Watch as Assistant Coach Lou Rosselli explains and wrestlers demonstrate this bottom position - change over that creates motion.

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NCAA Debuts Most Dominant Wrestler...

Matt Holmes - NCAA.com

Indianapolis - The NCAA has released the updated standings for the 2017 NCAA Wrestling Awards that will be awarded in March at the respective Division...

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Hand Fighting - Shucks

Russ Cozart - Brandon High School (FL)

Watch as Coach Russ Cozart explains and wrestlers demonstrate hand fighting using shucks.

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