

From: **Wrestling Coaches Insider** tci@coachesdirectory.com
Subject: Featured Video :: Getting to the Ankle Pick with Cameron Simaz - South Dakota State University
Date: February 27, 2019 at 9:17 AM
To: lanny@wrestlingusa.com



February 27, 2019

Recommended
content for you

[View All Content >](#)

1. **Offense**
2. **Defense**
3. **Drills**
4. **Escapes**
5. **Riding**
6. **Moves**
7. **Strength & Condit.**
8. **Youth**

This week's new content:



How to Get to the Ankle Pick

Cameron Simaz - South Dakota State Univ.

Watch as Coach Cameron Simaz explains that the easiest way to get to an ankle...

[Watch Video](#)



Practice: Intensity Over Quantity

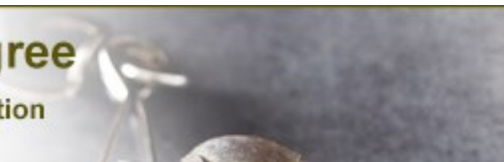
Brian Smith - University of Missouri

Watch as Coach Brian Smith explains how he believes that practice intensity is more...

[Watch Video](#)

Earn a Master's Degree

- Coaching & Athletics Administration
- Coaching & Exercise Sciences



Don't wait | [Apply Now >>](#)



CONCORDIA
UNIVERSITY IRVINE



Advertisement



Cross Wrist to Turk

Bill Welker

Setup: The wrestlers start in the referee's position with W1 in a basic two-on-one...

[Read Article](#)



Wrestling Community News...

- Adidas National High School Wrestling Top 40 Team Rankings
- InterMat NCAA Division I Rankings
- Make Room on the Mats: Girls Wrestling Comes to Franklin...
- Top 10 College Wrestling Performances of the Week - Feb...

One Company. Three Brands.



AD Insider

www.CoachesInsider.com



View more Coaches Insider editions:

Football • Volleyball • Track & Field / Cross Country • Baseball • Softball
Soccer • Men's Basketball • Women's Basketball • Wrestling • Lacrosse • AD

Sent to: lanny@wrestlingusa.com
If you prefer not to receive
future e-mails of this type,
[click here](#)

Sent By:
The Coaches Insider
701 Main St
Cassville Missouri 65625
United States
To view as a web page [click here](#).

powered by **swiftpage**

[Forward to a Friend](#)