

From: **Wrestling Coaches Insider** tci@coachesdirectory.com
Subject: Featured Video :: Pinning: Bar Arms with John Smith - Oklahoma State Univ.
Date: April 24, 2019 at 5:13 AM
To: lanny@wrestlingusa.com



April 24, 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:



Pinning: Bar Arms

John Smith - Oklahoma State Univ.

Watch as Coach John Smith explains and demonstrates bar arms to put the...

[Watch Video](#)



Tapering and Breaks

Jack Spates - Retired, Univ. of Oklahoma

Watch as Coach Jack Spates discusses the importance of tapering and breaks...

[Watch Video](#)



Improving Communication

Wade Gilbert

Miscommunication is repeatedly cited as the number one source of stress for...



Read Article




Wrestling Community News...

- 2018-19 ALL-USA Boys Wrestling: First Team
- Complaints About Boundary Violations Preceded Death of...
- Make Room on the Mats: Girls Wrestling Comes to Franklin...
- Staying Current: Coaches Look for Ways to Evolve, Improve

One Company. Three Brands.



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](#)