

**From:** Wrestling Coaches Insider - Saturday Edition coach@coachesinsider.com  
**Subject:** Knee Slides | Scripted Drilling | Defining Commitment  
**Date:** September 10, 2022 at 5:03 AM  
**To:** lanny@wrestlingusa.com



Saturday, September 10, 2022

## In Case You Missed It...

Coaching videos from this week you might have missed!



### Knee Slides

Austin DeVoe  
Colorado School of Mines

[Watch Now!](#)



### Scripted Drilling

Matt Azevedo  
Drexel Univ.

[Watch Now!](#)



### Defining Commitment

Jeff Janssen  
Janssen Sports Leadership.

[Watch Now!](#)

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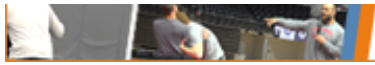


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