

From: Wrestling Coaches Insider - Saturday Edition coach@coachesinsider.com
Subject: Practice Warm-Ups | Be Uncommon by Being Consistent | Elbow Tilt
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To: lanny@wrestlingusa.com



Saturday, April 9, 2022

In Case You Missed It...

Coaching videos from this week you might have missed!



Practice Warm-Ups

Mark Branch
Univ. of Wyoming

[Watch Now!](#)



Be Uncommon by Being Consistent

Brian Smith
Univ. of Missouri

[Watch Now!](#)



Elbow Tilt

Brian Beasley
Chattooga HS (GA)

[Watch Now!](#)

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