

From: Wrestling Coaches Insider - Saturday Edition coaches@coachesinsider.com
Subject: Think Transition | Developing Wrist Control | Preventing Athlete Burn Out
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To: lanny@wrestlingusa.com



Saturday, October 23, 2021

In Case You Missed It...

Coaching videos from this week you might have missed!



Athletes Should Think Transition

Dave Malecek
UW-La Crosse

Watch Now!



Developing Wrist Control

Matt Azevedo
Drexel Univ.

Watch Now!



Preventing Athlete Burn Out

Mark Manning
Univ. of Nebraska

Watch Now!

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