

How To Win A Wrestling Match Every Time: 7 Ways To Increase Match Toughness



1. Lift & Return When An Opponent Stands Up From Bottom.

Do: Return them to the mat and immediately get your hips higher than theirs!

Don't: Pull them on top of you

2. Constant Forward Pressure On The Top Position

Do: Keep constant forward pressure while working for breakdowns and turns.

Don't: Try to hang on or float on top of your opponent



3. Relentlessly Get To Your Feet Bottom Position

Do: Relentlessly get to your feet and know solid leg defense.

Don't: Roll around and rely on trick moves.

4. Solid Shot Defense

Do: Square hips, toe down on the feet, and look to clear leg(s) to Front Headlocks

Don't: Give away angles, sit to your butt or let them lift you.

5. Never Watch The Clock

Do: Listen to your coach for updates and train yourself to wrestle hard until you hear the whistle

Don't: Never look to the clock in a close match during any action.

6. Win The Last 20 Seconds Of Every Period

Do: Win these short goes or at least break even

Don't: Never lose the last 20 seconds

7. When On The Leg(S) From A Shot

Do: Get to your feet and finish, escape the weight, and finish or clear out.

Don't: drop to your haunches, hold on or stand still on your feet.

