

# TEACHING AND COACHING WRESTLING

A SCIENTIFIC APPROACH  
SECOND EDITION



DAVID N. CAMAIONE  
KENNETH G. TILLMAN

**TEACHING AND COACHING WRESTLING**  
**A Scientific Approach**  
***Second Edition***

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**TEACHING  
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WRESTLING**

**A Scientific Approach**

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*To Our Wives*

Judi C

Delores T

For their support and guidance throughout  
the entire project and to Dee for the many  
hours spent typing much of the manuscript

# Preface

An extensive revision was undertaken to update the material in this second edition with sound scientific principles. Many innovative techniques are offered to improve the quality of teaching and coaching wrestling. New topics covered include physiological aspects of wrestling, biomechanical aspects of wrestling, competitive formats, competitive strata—youth, intramural, and club wrestling, The referee, and the chapter on stances, positions, tie-ups, and hand control in Part Three, Wrestling Skills.

Chapter 4, Physiological Aspects of Wrestling, includes subjects such as energy sources, interval training, conditioning principles, weight control, and nutrition. In this chapter we also examine three basic methods to assess percent fat. Chapter 5, Biomechanical Aspects of Wrestling, was written to sensitize the reader to the fact that the use of biomechanical principles greatly enhances one's ability not only to learn how to perform specific wrestling skills but also to evaluate skill performance. The competitive formats chapter explains the differences among forms of competition such as dual meets, triple-duals, and tournaments. Chapter 12 presents an extensive discussion on how to administer youth, intramural, and club wrestling programs. Chapter 16, the Referee, discusses the areas of personal qualities, physical conditioning, premeet conference, administrative details, and mat sense and control. Chapter 17 is a unique examination of varied skills and techniques that are necessary for setting up the successful execution of wrestling maneuvers.

Many existing chapters were significantly improved. Chapter 2 was changed to include only the major rules and regulations and a comprehensive listing of wrestling terms. In Chapter 3, Sportsmedicine in Wrestling, up-to-date information regarding the prevention, care, and rehabilitation of wrestling injuries is included. New topics on motivation, mental practice, and a detailed discussion of our Ten Cardinal Principles in wrestling are contained in Chapter 7, Teaching and Coaching Concepts. Expanded administrative treatment for both teaching and coaching wrestling is given in Chapters 9 and 10. Chapter 13, Seasonal Formats, deals with all phases of the wrestling season as well as out-of-season activities. Chapter 14, where we discuss promoting wrestling, includes a number of ideas to enhance an already successful program or one that is merely beginning to grow. Chapter 15, Psychological Aspects for Coaching Wrestling, has been improved by relating topics such as aggression, emotions, achievement, tension, anxiety, affiliation, and fear to wrestling competence.

The skills chapters were categorized into seven groups: (1) stances, positions, tie-ups, hand control; (2) breakdowns and rides; (3) pinning combinations; (4)

reversals; (5) escapes; (6) takedowns; and (7) special series. We have stressed the importance of learning to wrestle on the mat first and then proceeding to the feet, with special emphasis of the ultimate goal of wrestling—the fall. A special approach to learning each skill is presented in these chapters. The basic position(s) for each move is presented first. Setups are then given when applicable, such as when takedowns are covered. Specific techniques that can be successfully used with each move follow. This provides several different options for a wrestler when using a particular move. The final aspect of the presentation of each move is a description of countering techniques.

All illustrations of drills and moves are new for this edition. They reflect current techniques and pictorially illustrate skills for the beginning, intermediate, and advanced wrestler. Part Three presents a summary, at the beginning of each chapter, of all the skills covered in that chapter, which makes it easy to locate a specific move and presents in an organized format the stances, tie-ups, setups, breakdowns, rides, pinning combinations, reversals, escapes, and takedowns that are included in this edition.

David N. Camaione

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New Britain, Connecticut

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## ***Preface to First Edition***

This book has been written for both the physical education teacher and the coach. It is especially designed for use in college methods courses for physical education majors studying teaching and coaching techniques. Coaches and teachers in the field also should find the book a useful guide for improving their programs. It will be particularly valuable in school systems that employ a number of teachers for wrestling instruction and are concerned in developing meaningful uniformity and proper progression in course offerings.

The book was written to fill a void that existed in wrestling literature. Although there are many excellent books on wrestling techniques, there are very few that also include the basic principles and fundamentals of administering and conducting a successful wrestling program. This textbook includes both techniques and methods. In addition, it presents the philosophical considerations for including wrestling in a physical education program, and discusses the values of a well-organized experience in wrestling. The reader is also given a graphic historical analysis of wrestling from its primitive beginnings to its present status in the United States. Practical considerations follow the theoretical discussions. We feel that this approach makes the book most valuable.

This text contains what we consider to be the basic beginning and advanced wrestling moves currently being used successfully by the outstanding college and high school teams in the United States. It is not the purpose of this textbook to include all possible holds. Sufficient holds are presented to develop successful varsity teams. The main responsibility of the coach is to select the best holds for use in the wrestling program. Additional wrestling maneuvers, which are to be found in all of the wrestling technique books listed in the bibliography, can be used to supplement moves described in this book.

We wish to thank the members of our wrestling teams and wrestling classes for their assistance in formulating the ideas and techniques that form the basis for this book. We recognize that wrestling procedures are continually being improved. It is hoped that the thoughts and basic procedures presented here will give impetus to further growth and improvement of all levels of wrestling in the United States.

DAVID N. CAMAIONE

KENNETH G. TILLMAN

Jacksonville, Illinois  
Cape Girardeau, Missouri  
January, 1968

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Special thanks is given to Dr. Vincent J. Gonino, our good friend and wrestling coach at the State University of New York at Cortland, first for his continued support in this project but more particularly for his fine contributions to several sections of this text.

For their time and effort in posing for the camera, we wish to express our sincere appreciation to two fine young men, All-American Mark Salge and New England Champion Mike Smith, both varsity wrestlers at Central Connecticut State College in New Britain, Connecticut.

We thank Catherine S. Hill of Trenton State College and Jean Sadenwater of the Educational Improvement Center (Central Region) of the New Jersey Department of Education for their suggestions for Chapter 9 and Robert E. Trichka of Central Connecticut State College for his assistance with Chapter 15.

Credit for photographing each wrestling skill is given to Mr. L. Steve Greatorex.

DNC

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# **PART** **One**

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## **ORIENTATION FOR TEACHER AND COACH**

Part One includes background information to prepare the teacher and coach to scientifically teach and coach wrestling. It is imperative for the well-being of the participants that physiological and biomechanical principles be understood and applied to the teaching-coaching situation. Chapters 4 and 5 cover these topics and provide a solid cognitive base on which to develop a wrestling program. A brief overview of major rules, scoring, and terminology is given in Chapter 2 to summarize the basic knowledge that is needed prior to participating in wrestling. Chapter 1 is designed to give a historical overview of wrestling and stimulate an appreciation of wrestling.

In Chapter 3 we emphasize the prevention of injuries. Pertinent guidelines to attain this objective are thoroughly presented together with steps to follow if an injury does occur. Chapter 6 describes the equipment and facility needs for both teaching and coaching wrestling. Optimum conditions as well as ideas for the resourceful person with a limited budget and inadequate facilities are