

Football + Wrestling = Success

from USA Wrestling's National Coaches Education Program (NCEP)

Reasons for Wrestling and Football to Partner

Quotes from College/Pro Football:



Tom Osborne College Hall of Fame Coach for the University of Nebraska, *"Wrestlers make coaching football easy, they have balance, coordination, and as a staff we know they are tough."*



Ruston Webster, Tennessee Titan's General Manager, *"When a guy has been a wrestler, especially when he has been a successful wrestler, it says something about his toughness and his commitment."*

Mike Stoops, National Championship Football Coach at Oklahoma University, *"I love wrestlers; they are tough and make great Football players."*

Joe Gibbs, Hall of Fame Football Coach, *"I draft wrestlers because they are tough. I've never had a problem with a wrestler."*

Pat Jones, Oklahoma State Football (1975-1994), *"It helps a kid to stay on his toes and keep on edge from a competitive standpoint year-round."*

John Madden, Hall of Fame Football Coach and Broadcaster *"I would have all of my offensive linemen wrestle if I could."*

By PETE THAMEL, NY Times

Published: January 21, 2005

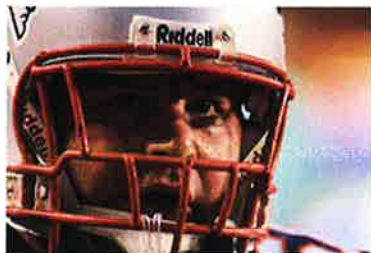
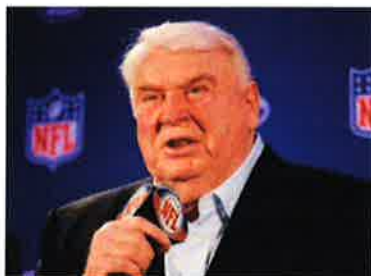
Stephen Neal is an offensive lineman for the New England Patriots, but he is more likely to be recognized on the streets of Iran than he is in Boston.

In wrestling circles outside the United States, the 6-foot 4-inch, 305-pound Neal is known for his exploits in that sport: being ranked as the world's No. 1 wrestler in 1999, winning two N.C.A.A. titles for Cal State-Bakersfield and competing everywhere from Bulgaria to Colombia.



USA WRESTLING

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Wrestling Helps a Football Player Develop:

1. **Agility** - The ability to change the position of his body efficiently.
2. **Quickness** - The ability to make a series of movements in a very short period of time.
3. **Balance** - The maintenance of body equilibrium through muscular control.
4. **Flexibility** - The ability to make a wide range of muscular movements.
5. **Coordination** - The ability to put together a combination of movements in a flowing rhythm.
6. **Endurance** - The development of muscular and cardiovascular-respiratory stamina.
7. **Muscular Power** (explosiveness) - The ability to use strength and speed simultaneously.
8. **Aggressiveness** - The willingness to keep on trying or pushing your adversary at all times.
9. **Discipline** - The desire to make the sacrifices necessary to become a better athlete and person.
10. **Winning Attitude** - The inner knowledge that you will do your best - win or lose.

FAQ (Frequently Asked Questions and Concerns by Football Coaches)

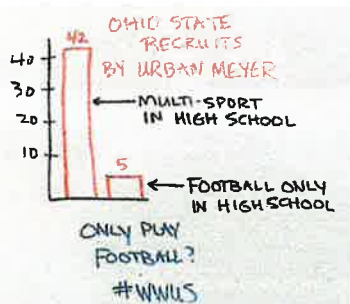
I don't want my football players losing weight? Can you guarantee me that?

Talk with your wrestling coach and come to an understanding that you'll allow your guys to wrestle as long as they stay between a certain weight range. In most cases, a wrestling coach will work with your football player's schedule to allow some wrestling practice time as well as some dedicated time to adding pounds through weight lifting or rest days. It is good to know that wrestling will help your player lose fat while building valuable muscle.

I don't want my football player getting hurt in wrestling.

Statistically, wrestling ranks lower than gymnastics, ice hockey, softball, football and lacrosse for the number of injuries each year.

The agility and flexibility skills wrestling can teach a young person can be beneficial to health throughout the football season as well as throughout wrestling season.



How can wrestling help a football player get recruited to a top school?

The chart to the right shows that Ohio State Coach Urban Meyer's recruits are almost 90% multi-sport athletes in high school.

SPORT	SERIOUS (PER 100,000)	NONFATAL	FATAL	TOTAL
Boys gymnastics	0.95	1.90	0.95	3.80
Boys ice hockey	1.20	1.32	0.48	3.00
Boys softball	0.00	0.00	2.89	2.89
Girls ice hockey	2.04	0.00	0.00	2.04
Boys football	0.80	0.87	0.29	1.96
Girls gymnastics	0.45	0.86	0.00	1.28
Boys lacrosse	0.42	0.15	0.19	1.15
Boys track	0.13	0.11	0.13	0.37
Boys swimming	0.11	0.19	0.00	0.30
Girls lacrosse	0.25	0.00	0.00	0.25
Boys soccer	0.09	0.04	0.10	0.22
Girls field hockey	0.00	0.19	0.00	0.19
Boys basketball	0.07	0.03	0.01	0.11
Girls track	0.05	0.02	0.01	0.08
Girls softball	0.02	0.03	0.01	0.06
Girls swimming	0.03	0.02	0.00	0.05
Girls soccer	0.03	0.02	0.00	0.05
Girls basketball	0.02	0.02	0.00	0.04
Boys cross country	0.00	0.02	0.00	0.02
Girls volleyball	0.00	0.02	0.00	0.02

By WALT HICKEY, May 11, 2014


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