

Hoke Wrestling Match Toughness Measurement

Here are the 7 situations that win and lose tough, close matches. You need to win these situations, every time, if you want to learn to wrestle to **dominate and beat great** opponents.

Win these situations and execute the proper game plan in these positions and watch your success rate skyrocket.

Warning: These are the right ways to wrestle, **not the easiest**. There will be hard work involved.

Situation One: Your opponent stands up from the bottom...

DO: Lift him up and Mat return

Don't: Pull them on top of you, Release easily or drop to legs and hold on. The Mat Return is one of the prettiest moves in wrestling. You know you're watching a tough wrestler when they relentlessly lift and return from the top.

*If you want to let your opponent go and they stand up on you, you should lift-n-return and then release. Be sure they know they **didn't earn the point... You gave it to them**.

Situation Two: 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

*The best rides are all executed with toes dug in the mat and grinding pressure. Even if you don't get the turn, **your goal is to let them know who is in charge and get inside their head** when you're on top. **MANY** close matches are won by not letting your opponent out from bottom or wearing them out with a tough grinding ride.

Situation Three: Bottom position...

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

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

*Stand ups won't always work, but they **will often create the action** that is needed to get away from tougher opponents.

Situation Four: Shot defense...

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

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

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*Ideally, nobody should get to your legs but the fact is it is going to happen. Give your opponent as little as possible and look to score off their leg attacks. Train yourself to use the most fundamental shot defense techniques and you won't give up as many takedowns and you will save yourself from injury.

Situation Five: 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.

**Train yourself to wrestle harder* at the end of periods no matter what the score is.

Situation Six: Last 60 seconds of EVERY period...

Do: Win these short goes or at least break even

Don't: Never lose the last 20 seconds

*Get the take down, escape or reversal when in the neutral or bottom position. Keep your opponent down or develop a safe & reliable quick turn to score with when on top. ***Never, get taken down or let an opponent escape or reverse you in the last 20 seconds of a period.***

Situation Seven: On the legs 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.

*Ideally, a wrestler will maintain continuous motion from set up to shot through the finish. But realistically many wrestlers get caught under their opponents and they need a strategy to deal with this. If you follow these rules all the time, no matter what the score is, you will learn to wrestle to dominate. ***Being relentless with your attacks and extremely stingy are the keys to wrestling success.*** Master these positions and scenarios and find yourself winning a lot more close matches and feeling opponents break as the match goes on.

If you follow these rules all the time, ***no matter what the score is***, you will learn to **wrestle to dominate**. Being **relentless** with your attacks and **extremely stingy** are two major keys to wrestling success. **Master these positions** and scenarios and find yourself winning a lot more close matches and feeling opponents break as the match goes on.