

Studying Video Tape

The study of video has revolutionized sports, not just wrestling but all sports. The NBA and NHL playoffs are going on now and between games the coaches and players are studying the edited video footage and making adjustments and improvements. MLB players and coaching staff use video study not just to perfect mechanics but to scout their opponents thoroughly. I have been studying wrestling video consistently for the past 30 years and the learning process never stops. Though the core score attacks remain the same, there are more set ups and combinations than ever at the highest levels of competition. Studying video is critical as I constantly work to improve and evolve as a coach so I can effectively help wrestlers excel.

If a basic move works at the very highest levels of competition, it will work for you. Take the time to acquire and study footage of our nation's and world's best wrestlers. I videotaped the 1984 Olympics on my home VCR and have copied and bought tape of world class competition ever since. I have a huge library of videos from the NCAA, World and Olympic Championships from 1984 to the present. I like to study high school state championships too, because the kids are often more creative and aggressive than the college and world-class wrestlers. If you are a high school coach, you should study your state finals and semi-finals tapes. This allows you to see what the best wrestlers and teams in your state are doing to be successful.

When I was in high school I learned my Fireman's Carry Series from a Myron Roderick Clinic Video and my Stand up series from a Mike Milkovich Video. The Outside Fireman's Carry became my most effective takedown in high school and I used it to pin my opponent on my way to my first state championship. I bought Carl Adams' Instructional Videos and learned a ton of wrestling. Carl's High Crotch was unstoppable and his videos helped me perfect numerous techniques. Coaches Adams, Milkovich, and Roderick were some of the pioneers in wrestling video as well as organizing and coaching camps. They all had a great impact on both my development and our sport.

We conduct nightly video education sessions at my summer camp and they are very popular and effective learning sessions. Donn Ernst was on the U.S. National Team Coaching staff throughout the 1970s. He videotaped our U.S. Team, as well as the Russians, and other top wrestlers at the World Championships throughout the 1970s and 1980s. He is still an avid collector of wrestling video today. Donn takes the time to edit and organize his video library carefully and shared much of his collection with me. A couple other video gurus, Dave Bennett and Gordon Connell, filmed and edited some great footage over the years. Gordon made two hour edited highlight tapes of Sergei Beloglazov and Ardsen Fadzhev competing in the World and Olympic Championships. I studied these films many times and learned new moves every time. These two Russians had an array of very precise techniques and I shared many of them with my students over the years. Gordon has recently made edited highlights of the NCAA Championships, while Dave has edited tapes of the World Championships for USA Wrestling. I purchased many of these tapes and found them to be valuable learning tools for me and my students. I use my DVR to record all of the wrestling I possibly can and make time to watch and study consistently. Here in Pennsylvania my friend Henry Angelli records world class and college wrestling and edits the best competitions on DVDs for me. He also has contacts in Europe who he exchanges DVDs with so we acquire footage of elite international competition. Henry's efforts are impressive and greatly appreciated.

It is very important to stay current. Wrestling styles, techniques, and strategies slowly evolve over time. If you do not keep up, you may get left behind. Look at the evolution that has occurred in football over time as coaches create new offenses and defenses to get an edge on their opposition. Wrestling is similar. If you wish to stay on top of your game, you need to work new techniques into your team's program or individual style over time.

Not only is watching live matches and highlight clips educational, it is also motivational and entertaining. When I coached with Russ Hellickson at Ohio State, he made a highlight tape of our team annually and set it to motivational music. This is a relatively common practice today but was cutting edge in the 90s. My students get pumped when I show them portions of these tapes before practice. I also have a few personal edited highlight DVDs from my career at Penn State. I edited live

clips of the moves I teach on my instructional DVDs and put them on separate highlight DVDs with my voice-over to educate the viewers. I use this as a learning tool at camp, periodically showing my students the technique I am going to teach on film before showing it to them in person. My wrestlers get a kick out of watching me wrestle, and it serves as a great learning tool.

I wish I knew the different techniques I know now during my competitive career. I started to truly realize how valuable of a learning and scouting tool video could be early in college. Unfortunately, I was so busy with school work and physical training, I barely had enough time to watch my own tapes, let alone scout others, study instructional videos, or review tapes of NCAAs. While I coached at Ohio State and Penn State, I made the time to study video. Now that I lead my own program, I am able to make the time to review video extensively. Video study and analysis has expanded my knowledge tremendously over the past decade, and I know it has helped make me a much better coach. Make time to study video. It will be well worth your effort and I am sure you and your students will reap the rewards.

WRESTLING ON TV

We have more wrestling on TV than ever before! Just last week NBC Universal Broadcast the best matches from the exciting USA vs the world dual meet in Time Square and the World Team Trials will be broadcast in June. There will be re-broadcasts of many events throughout the summer on the various cable stations. To make sure you do not miss any wrestling on TV, sign up for the national registry e-mail list at NR4W.com, and in the source code let them know Chertow/WIN sent you.

SUMMER TIPS

Lead a healthy lifestyle throughout the year, not just during the winter. Eat moderate portions of nutritious food, and work out at least 6 days per week. Drilling and strength training are the two most important modes of training. Be creative, be consistent, and push yourself. As you work to build muscle and maximize energy, I encourage you to try AdvoCare's Muscle Gain, Catalyst and Spark. Coaches looking to lose weight should do a 24-day challenge. You can learn more about AdvoCare and order products at KenChertowNutrition.com.

Check out my book and training tips section of KenChertow.com for more specific technique and training suggestions and **make time to study instructional DVDs to expand your arsenal!**

Editor's Note: Ken Chertow is a U.S. Olympian, 3x NCAA All-American and 3x Academic All-American. His Gold Medal Training Camp System is recognized as one of the finest in the nation. To learn more about Coach Chertow's Winter Break Training Camp and Summer Camps across the nation, as well as Instructional DVDs, Books, and AdvoCare Nutrition Program, visit www.kenchertow.com, call 814-466-3466, or e-mail camps@kenchertow.com.