



# EMPOWERMENT

Wrestling is all about belief and handing that belief into the hands of other athletes. Particularly at community levels of sport, belief can be a barrier for players who are struggling to push themselves. Empower wrestlers to take on the responsibility for their own self-development, safe in the knowledge their coach trusts that athlete can take it on. Cut back on micro-management and constantly looking over a wrestler's shoulder and give them the belief to take control of your team's success.

Create one mental or physical activity that you feel would be beneficial to your training. Share it with us at [myrmidontraining@gmail.com](mailto:myrmidontraining@gmail.com)