

# The T.P.C.M Coaching System

*How To  
Attract, Retain & Win*

# Who is this for?

- Championship coaches
- First year volunteer coach that never wrestled or a
- Parent wanting to help coach your youth wrestler and their teammates

...this is the place to be, the place to discover the proven secrets that top coaches have used for decades to tap the fullest potential in their wrestlers and get them to build confidence and commitment.

## Me & My Background:

I'm Daryl Weber and I've been coaching youth and high school wrestling and helping other coaches use the systems I learned from the greats developed in the trenches for over 20 years.

## Part 1 of 4:

This is the first in a series of 4 training videos in this workshop – where I'll be teaching you the system I used to systematically develop wrestlers of all experience levels faster and more effective than my competitors, leading to more excited, committed and self driven athletes.

# Coaches #1 Responsibility

As coaches our #1 job is to inspire your athletes to be Independent and self motivated.

# How To Do This:

## Attract & Retain

Not to sound shallow but wrestling is a tough sport and the best way to keep your wrestlers is to get them winning quick... BUT

# Winning can come in different forms...

It can be getting their hand raised in a match, but it can also come from engineering ways for them to get wins within your program every day and creating an environment that fosters confidence, mental toughness and self motivation.

# What Dan Gable once told me...

It's all about developing Independence



# The Goal of This 4 Part Workshop

Is to show the four common factors I have seen in all successful programs and coaches. In order to get kids excited about the sport of wrestling, get their hands raised quickly and often and spark that inner drive that Coach Gable thought was the most important thing in coaching....

# We All Want to Win:

If you only focus on winning... You're doomed to frustration and failure.

By focusing on the right things and using the four pillars I am about to cover...

You'll develop your own actionable system that will lead to more success as a coach, more all-around success from your athletes and ultimately more wins!

## Learn From My Struggles

Even though I was surrounded by some of the greatest coaches in the sport as an athlete and young coach, I certainly didn't have all the answers. I had to get in the trenches and learn to relate my lessons to developing youth and high school wrestling in a public school for success.

# One of My Biggest Mistakes:

Well two actually...

I tried teaching too much

I tried teaching what worked for me...

Both led to a lack of retention and a lack of results under the lights.

First I Blamed Them...

Then I Blamed Myself....

Then Things Started to Happen

Goal #1 was to get focused on what was most important and what would have the quickest results on match day.

# Relentless Study, Self Reflection and Documentation

That is when I started to relentlessly study other great high school coaches, reflect back on what I learned from Coaches like Gable and my HS coach Dan Mashek... and how I could relate it all to my program and the type of kids I was coaching...

# Results Came Almost Instantly!

I figured this out and it led to my teams winning a record setting number of state championships, sending many athletes off to wrestling in college and preparing the athletes that went through our program for the challenges that life would bring them long after they were done with sports.

# The “T” in T.P.C.M. Coaching System

So let's dig in. In this first video we're going to focus on the “T” = Technique... and more importantly a technical system...



# How I Build My Technical System

Started very basic and we had to master the most important things...

and I expanded based on the most common reactions and defenses to the basics.

When I could get the answers I looked for systems built by other successful public school H.S. coaches.

Let me give you an example...

# **The Stand-Up Technical System**

## Stand up Series

1. Hip Heist Drill
  - a. Solo
  - b. With Partner
2. Find your dominant leg
3. Stand Up Finish From Feet
4. Base Position
5. Hand Control Drill
6. Back Pressure Drill
7. Entire Stand Up
8. Wheel Stand-up (Ankle Defense)
9. Windshield Wiper Stand-up
10. Knee Slide Drill
11. Slip Arm Stand Up a. Cut Under From Feet
12. Tripod Knee Slide Stand-up

## Now here are a couple things to keep in mind...

- Use what works for you... Thinking there's only one best way is a young man's mistake...
- Don't fall for the Young Hotshot trap...
- Don't get lost in Tutorial Hell - Online
- Don't fall for the times have changed line.. Not for the basics and with proper basics you can adapt with small tweaks...

**Next - “P” for Practice**

# In the next video...

We're going to cover the “P” which stands for Practice.

I want to show you how to

- Structure a practice
- How to use specific practice weapons, like drills, live scenarios, conditioning and motivational talks to supercharge the speed at which you will take the technical system you develop and turn those techniques into Live Match Instincts.

# I'm Also Going to Show You...

A simple strategy on how to effectively coach your returning state champs right alongside your complete newbies and ensure they all get exactly what they need - this is really important because its really easy to neglect either your veterans or your newbies, but with this one simple strategy that will never happen in your program.

## Now, Your Turn...

Please scroll down below this video and tell me a bit about yourself... how long you've been coaching, what your goals are and post part of your technical system.

This will help me to get to know you and force you to start thinking about how you can start to develop your technical series TODAY!