

Ten Good Reasons for Football Players to Wrestle

by Dr. Bill Welker

1. **Agility** The ability of one to change the position of his body efficiently and easily.
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 / person.
10. **A Winning Attitude** The inner knowledge that you will do your best - win or lose.



Miami Dolphins (2005–2008)
Cleveland Browns (2009–2010)
Jacksonville Jaguars (2011)

Some of Matt Roth's intensity can be attributed to his successful run as a State champion wrestler in high school. Many coaches, scouts and wrestlers-turned-football-players will laud wrestling for the leverage and quick hands it provides for football. Roth credits wrestling for the never-say-die attitude it gave him.

"It's the attitude. Wrestling helps you with your hips, your hands and your balance, but more than anything it helps you with your attitude," he said. "A lot of these kids that are basketball players, we eat those kids up. It's just our mentality - you're going to get the job done and you're going to punish them." Roth said his dream partner on the wrestling mat would be Ravens LB Ray Lewis, himself an accomplished high school wrestler.

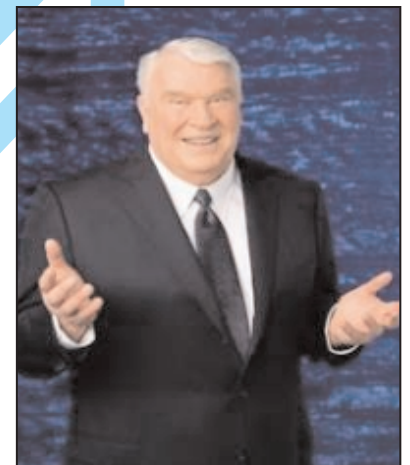
- Pro Football Weekly

Wrestling is certainly an art - no longer does brute strength predominate in wrestling. It is science and condition that carry the wrestler successfully through his encounters. The idea of roughness and brutality is no longer synonymous with wrestling, because science has replaced those aspects with more beneficial retributions.

Wrestling, like football, trains the individual to think and act while in action and under pain. Scientific wrestling helps to construct a sound body and an alert mind, two precious aids of any individual in the struggle of the survival of the fittest.

I believe that wrestling as adopted and practiced in prep schools and universities, under trained coaches, is one of the best constructive sports that an individual can take part in and should be encouraged in prep schools, universities, and other institutions whose aim is to develop young men."

- Knute Rockne, former Notre Dame football coach



I would have all of my Offensive Lineman wrestle if I could."
- John Madden, Hall of Fame Football Coach