

# Ten Good Reasons for Football Players to Wrestle

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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 and person.
10. **A Winning Attitude** - The inner knowledge that you will do your best - win or lose.

**FOOTBALL**



**WRESTLING**

***“Two sides of the same coin!”***