**NORTH WRESTLING**

**WE WANT YOU THIS WINTER SEASON!**

# **How Wrestling Builds Better Football Players**

 

 

*Wrestling involves* ***balance and control*** *against an external resistance,* ***leverage******and positioning****, and the ability to move a non-willing opponent which are skills needed for all football positions.*

*Wrestling also emphasizes* ***hand control, stance, footwork, endurance, quickness and strength****. In wrestling, if you get control of the hands, if you get that inside step, you have the edge just like in football.*

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**SIGN UP ONLINE TODAY!**