

Why Every Drill Needs a Purpose

The difference between an average practice and a great one isn't how hard the athletes work.

It's whether they understand **why** they're doing what they're doing.

Too often, coaches fill practices with drills simply because they've always done them. Athletes move from one activity to the next without understanding how each drill connects to competition. The result is a busy practice—but not necessarily a productive one.

Every drill should answer one simple question:

What problem does this solve?

Does it improve stance and motion?

Does it teach athletes to create angles?

Does it reinforce a finishing sequence?

Does it prepare wrestlers for a situation they'll encounter in a match?

If the answer isn't clear, the drill probably doesn't belong in practice.

Purposeful coaching also requires progression. Every drill should build upon the previous one, moving athletes from learning a skill, to executing it with resistance, to applying it during live wrestling. When practices follow a logical progression, athletes begin to understand not just individual techniques, but the systems that connect them.

Purpose also creates engagement.

Athletes are far more invested when they understand the value of what they're learning. Instead of asking, "*When are we going live?*" they begin recognizing that every drill is preparing them for the moments that matter most.

The best coaches don't teach random techniques.

They teach concepts.

They teach systems.

They teach athletes **why** something works, not just **how** to do it.

A well-designed drill doesn't just fill time.

It develops habits.

And habits, repeated with purpose, become instinct.

Because every championship performance is simply the visible result of thousands of purposeful repetitions completed long before the lights came on.