Compete with a plan

Plan for this event with practiced options. Before each bout, use your three reminders below. Download or use the companion: athleteperformancepress.com/journal-pages/

EVENT

DATE

OPPONENT / WEIGHT / ROUND (OPTIONAL / IF USEFUL)

Start with your practiced options in My Wrestling System.

MY CUE BEFORE THE WHISTLE

MY FIRST TIE / SETUP / ATTACK

FROM BOTTOM - MY FIRST ACTION

FROM TOP - MY FIRST ACTION

IF I FALL BEHIND

IF I TAKE THE LEAD

SHORT TIME

ONE SITUATION I WANT TO HANDLE WELL

WHAT I CAN CONTROL

COACH CUE

FUELING / TRAVEL REMINDER

BEFORE THE BOUT - MY THREE REMINDERS

MY CUE

MY FIRST ACTION

MY RESET