SYSTEM UPDATE / REUSABLE TEMPLATE

My Wrestling System - update

Look back at practice and match entries with your coach. Keep the practiced actions you can rely on under pressure. Download or use the companion: athleteperformancepress.com/journal-pages/

DATE

COACH

NEUTRAL

Best tie / setup:

Best attack:

If stopped:

Best counter:

BOTTOM

First move:

If stopped:

Emergency move (practiced):

TOP

My breakdown:

My best turn:

If opponent builds up:

SHORT TIME

Need points:

Protecting a lead:

THE CUE I WANT TO REMEMBER UNDER PRESSURE

WHAT CHANGED SINCE MY LAST VERSION?