# My Wrestling System

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**REVIEW 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**

_____