

# Wrestler Goal Sheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## I Will ...

- MANAGE MY TIME to meet all my responsibilities in my schoolwork, practice, learning, and other areas of my life.
- ATTEND EVERY practice, match, tournament and TEAM function *on time or early*.
- PURSUE physical & mental conditioning outside of practice as a normal part of my daily routine to reach and achieve my goals.
- DISCIPLINE my body & mind for good health to include pushing through fatigue, maintaining adequate sleep and a proper diet.
- COMMUNICATE both in practice and off the mat for a mutual understanding between the Coaching Staff & My Teammates.
- RECOGNIZE the uniqueness of wrestling, learn from my mistakes and *never make excuses*.
- ACCEPT & ENCOURAGE all coaching comments and assignments as ways that I may improve - I will remain 100% Coachable!
- FOCUS on the task at hand - never create distractions or worry about worrying.
- PERFORM with enthusiasm, effort, intensity and determination - to the best of my ability in ALL training & competition!

I have the following realistic, clearly defined goals:

This Year's Wrestling Goals:

---

---

---

Long Term/Career Goals in Wrestling:

---

---

---

### **SPECIFIC TECHNIQUE GOALS**

What techniques, skills, etc. do you want to master? **BE SPECIFIC!**

For Example: *“Drag to a Sweep Single,” “Near-side Cradle,”* etc.

---

---

---

TO ATTAIN THEM I WILL DO THE FOLLOWING

Example: *“Drill my set-ups 15 minutes before practice and 15 minutes after practice 3 times a week.”*

---

---

---

**SPECIFIC PERSONAL MENTAL/ATTITUDE GOALS** (What kind of “Belief Level-Confidence Level” do you want to attain in order to optimize your performance?)

Example: *“I will be able to compete against anybody in the district, state, or country.”*

---

---

---

TO ATTAIN THEM I WILL DO THE FOLLOWING

Example: *“I will spend 20 minutes every night in a quiet place picturing myself wrestling in tough matches, tournaments and opponents and seeing myself getting better with every move.”*

---

---

---

**OTHER IMPORTANT GOALS** (#of Takedowns, Wins, Pins, etc.)

---

---

---