

# MENTAL SKILLS CREEKVIEW WRESTLING

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## I. Goals

### A. Long term.

1. General, challenging.
2. Accomplish by the time you graduate.
3. Wrestling and Academic.

### B. Short term.

1. Challenging and specific.
2. Different levels.
  - a. Monthly.
  - b. Weekly.
  - c. Daily.

### C. All goals should be posted so they can be read on a regular basis.

## II. Develop a positive attitude.

### A. Eliminate negative thoughts.

1. Say I can or I will try instead of I can't.
2. React positively to difficult situations, be excited and attack each situation.

### B. Always give 100% effort in matches and practice.

1. Effort is all you start with do not sacrifice effort in any situation.

### C. Respect your coaches.

1. Coaches are here to help you develop as a person and an athlete.
2. When your coach speaks, give him your attention and learn from what he says. Be a good student!

## III. Develop a healthy perspective on winning.

### A. Winning is more than a record; it is knowing that you gave your best effort. Did you do every thing in your power to achieve your goals?

### B. Winners have positive answers for the following questions.

1. Did I make a commitment to achieve my goals?
2. Did I give 100% effort in preparation to achieve my goals?
3. Did I make the proper sacrifices to achieve my goals?
4. Did I perform to the best of my ability?
5. When I left the mat I was confident there was no more I could have done to achieve my goals?

### C. If an athlete has answered yes to all of the questions he is a winner regardless of the score!

#### IV. Develop good sportsmanship.

- A. Treat coaches officials, and teammates with respect.
- B. Follow rules to eliminate confrontations.

#### V. Be confident.

- A. You have drilled your moves thousands of times, you have conditioned for hours, you have given 100% effort in practice, and you have made many personal sacrifices to get the opportunity to achieve your goals. All you have left to do is step on the mat and do what you have already done thousands of times in practice.
- B. You have earned the right to be on the mat take advantage of every opportunity to demonstrate the skills you have worked so hard to master.

#### VI. Imagery

- A. Mentally recreate your skills and create success.
  - 1. See yourself successfully hitting your moves on a tough opponent.
  - 2. Imagine hitting all moves in all situations.
    - a. Takedowns, offensive and defensive, at the edge of the mat, going out of bounds....
    - b. Breakdowns, pinning combinations, countering rolls, switches, stand-ups.
    - c. Escapes, from all situations.
  - 3. Put yourself in every possible situation and see yourself successfully completing your techniques.
- B. Always imagine being successful in every situation never fail while imaging.

#### VII. Match preparation.

- A. Allow yourself plenty of time to warm-up.
  - 1. A good warm-up loosens muscles and helps prepare your body for a war.
  - 2. A good warm-up also relieves stress and builds confidence before the match.
- B. Focus on the things you need to do to win the match!

#### VIII. Competition.

- A. Have a plan
  - 1. Know what your first contact, set-up, attack and finish will be.
  - 2. Use your best set-ups and attacks and be aware of adjustments.
- B. Do not get distracted, if something goes wrong use key words to refocus on what attacks you need to score points. (Let your coach talk to the officials, you wrestle)
- C. Always be aware of the score and the amount of time left in the period.
- D. Be aware of scoring situations.
  - 1. Edge of the mat.
  - 2. End of the period.
- E. Be ready to wrestle 6 min. and overtime ( 2 min, 30 sec)
- F. Evaluate your match; did you accomplish your goals? Were do you need to improve the most?
- G. Use the match as a scouting tool for the future.