

WEST OTTAWA WRESTLING GOALS

Name: _____ Date: _____

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: "Arm Drag to a Sweep Single", etc.

To Attain My Technique Goals I Will Do the Following

Example: Drill my set-ups 15 minutes before practice and 15 minutes after 3x a week.

Specific Personal Mental Attitude Goals

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

To Attain My Mental Goals I Will Do the Following

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

Other Important Goals: (# of takedowns, wins, pins, etc.)
