



# 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.)**

---

---

---