

Tigers Wrestling Club

Athlete Match Self-Evaluation

When how you practice and how you compete are more important to you than winning, you will be winning more often.

You will win more often when you focus on the 3 P's: be positive, be in the present and focus on the process (performance) not on the outcome (winning). Here is how to evaluate to improve *performance* in matches:

10 = 100% perfect; 5= 50% efficacy; 0= no attempt or no prior knowledge of how to execute

1.1.	You had a good initial warm-up no later than one hour before the start of the event. It was very physical and it duplicated a practice and the same feeling as if you just finished wrestling your 1 st match.	
1.2.	Your pre-match routine elements included: Dynamic Stretch, Fun element, Deep Breaths, Drilling/ stance-in-motion, Visualization. Gratitude, Positive optimistic self-talk that focuses on what you have the most control over (i.e., executing the skills you do best). You focused on the process (how to win) and not the product (win/lose).	
1.3.	Stay away from people who make you overthink or add pressure such as certain coaches, parents, friends or teammates	
1.4.	You are mindful and you are where your feet are; you are grateful and completely focused on the present moment. Focused on what you need to be doing at the moment one match at a time, with all effort on doing what you do best. All focused-on effort and controlling what you can, not on what you cannot. Enthusiastically embrace the fun you are having	

Standing- win the whistle, push the pace, own the mat and always look to score

	2. Win the Whistle = explode on the whistle with a sense of urgency	/10
2.1.	With a sense of urgency, you anticipated the whistle to initiate offensive forward moving pressure. You offensively exploded immediately off the whistle.	
2.2.	With a sense of urgency, you are always first to the Centre of starting circle at the beginning and after every whistle	
2.3.	When the whistle blows, start action, be the first wrestling, when the whistle stops action be the last one wrestling.	
	3. Push the Pace	
3.1.	You scored the 1 st point/s in the match and	
3.2.	You stalked your opponent every time they backed up (closed the gap)	
3.3.	You relentlessly maintained aggressive tenacious offensive forward pressure the entire match using push/pull/snap-downs/fake attack/dominant hand-fighting tie-ups etc. You are in constant motion using busy heavy hands and constant light foot movement the entire match...never static standing still. You use combinations of 2 to 3 set-ups and/ or attacks together, never "one and done." This pace is high the whole time, really intense and hard with the intent to break your opponent's fighting spirit.	
3.4.	You had great "stance discipline" and you were never out of your stance. Your stance was low and you were always touching distance to the mat. Your head is lower than your opponent but if opponent takes an extreme low stance you anticipate to down-block reattack	

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3.5.	You have a higher attack rate than your opponent; you have aggressively taken several more calculated full shot takedown attempts and you never take a blind diving leg attack. Three attacks per minute minimum.	
3.6.	Lead management: Be the last one to stop wrestling at the end of the periods. Finish each round wrestling your hardest during the last 20 seconds.	
4. Own The Mat = Control the Centre of the Mat (back facing center)		/10
4.1.	You are constantly moving forward towards the zone all match.	
4.2.	You were always ready in a good stance seconds before every whistle and in the center of the center circle starting each whistle	
4.3.	Control the Centre of the mat with your back to the center (Holding Center) and facing the zone	
4.4.	You gave up zero step out points	
4.5.	You worked to finish all our opponent's step-outs for takedowns, no lunging efforts to get a push out	
5. Parterre Top		/10
5.5.	All takedowns are to transitions or pins. You hit your go-to-move off your takedown: i.e. Cross ankles or gutwrench every time.	
5.6.	You were aggressive- Looking to turn/pin with immediate urgency to transitions from takedowns or parterre techniques aimed to be match ending.	
6. Parterre Bottom		
6.1.	You maintained a good defensive position allowing no turns.	

7. After the Match		
7.1	You quickly took initiative to complete your cool down routine after each match	
7.2.	Only positive self-talk regardless of the outcome after every match. Be grateful regardless of the outcome because the days ahead will be better for this experience. Whatever happens to you will be the best thing that can happen to you. Be grateful	
7.3.	You reflected on lessons for improvement after each match to improve for subsequent matches	

8. Effort		/10
8.1.	You never quit- you wrestled "stingy" and did not give up easy points, including not giving up a step-out point.	
8.2.	You worked hard during the match and never showed lazy body language; for example: no hands-on knees, no standing up straight stance, no sitting on the mat, never getting off the mat slowly, being last to the starting circle etc.	
8.3	You cranked up your wrestling by increasing your intensity levels at the start and end of the periods as well as by the zone	

9. Attitude		
9.1.	You were optimistically positive, present and process-oriented. You had great confidence in your abilities. You thrived under pressure, focused on your love to compete and perform instead of the fear of failing (wrestling to win, not wrestling to not lose), focused on the moment not the outcome.	
9.2.	You used positive self-talk focusing on the process of scoring points, including self-affirmations to increase and/or reassure your confidence	
9.3.	Composure: you always stayed calm not matter whatever happens; no losing your cool and getting off the game plan or no arguing with officials, looking for a call, looking at the clock etc.	

10. Character: Be a class act, be likeable, be a champion off the mat.

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10.1. No gossiping, putdowns, blaming, criticizing, complaining, trash-talking, cursing, lying or showboating, these actions are not good sportsmanship, productive, nor are they admirable character traits. Be humble in victory and proud in defeat.	
10.2. Demonstrate respect for opponents, officials, coaches and others including on social media. Be likeable and hard to not like.	
10.3. You respectfully decline any discussions with other coaches or athletes about training or recruitment until after your last match. Stay focused on your present task-at-hand having fun scoring points, do not get distracted from the task at hand- getting prepared for your next match.	

11. Pre-event Management/ Organization	/10
11.1. Excellent weight management	
11.2. Eight to 9 hours sleep	
11.3. You know where, how when to get to the venue	
11.4. You planned ahead and prepared your gear for the tournament before going to bed the night before, including bringing food	