

# HURRICANE WRESTLING: Wrestler Goals

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

This Year's Wrestling Goals:

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Long Term/Career Goals in Wrestling:

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Specific Technique Goals What techniques, skills, etc. do you want to master? Be specific. For example: "Arm Drag to a Sweep Single", etc.

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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.)

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Specific Personal Mental Attitude Goals (Example: "I will be able to compete against anybody in the district, state, or country.")

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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.")

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

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