

Congratulations! You have a powerful tool in your hands to *shorten the path to maximizing your potential* this wrestling season.

In 25 plus years of training athletes I have devised a quick, easy, and accurate way for you to determine *exactly* where you are excelling and where you need improvement.

But here's something to consider:

Just as a hammer won't pick itself up and drive a nail, this evaluation tool won't help you at all if you don't use it to *zero in* on where you need improvement and then *act* on that newfound knowledge to improve.

The best wrestlers are *constantly* evaluating their performance and *continually* perfecting technique so they can maximize their potential and win more often.

RESIST THE TEMPTATION TO SET IT ASIDE UNTIL LATER.

Take a few minutes and fill in your assessment of each area right now. It doesn't have to be perfect!

Here are some tips to get the most of out this evaluation:

Don't overthink it. Put the first number that comes to mind...it's probably the most accurate.

Fill out the "self" column by yourself and then ask your coach to evaluate you. Then you can discuss your numbers together.

Keep the completed evaluation so you can refer back to it over the season and track your progress. Then, at the end of the season, re-evaluate again.

Finally, to take full advantage of what you've discovered, and make significant progress *immediately*, go here:

www.randyswrestlingsite.com

Athlete Name:

Athlete Evaluation Form

NEUTRAL POSITION

Skill	Explanation of Skill	Date	Ranking (Self)	Ranking (Coach)
Leg Attacks (D)	Keeping opponent off your legs			
Leg Attack Finishes (D)	Countering when opponent gets to your leg			
Head Ties (D)	Defending against opponent grabbing the head			
Short Offense	Scoring off opponents shots			
Hand Fighting	Beating the opponents hands			
Set-ups	Setting up shots/getting to the leg			
Attack Finishes	Finishing your shots and attacks			
Short Defense	Defending when you get stuck underneath (front headlock counter, etc)			
Close Ties	Over/Under, 2 on 1, Underhooks			
Scrambling	Winning scramble positions			

TOP POSITION

Skill	Explanation of Skill	Date	Ranking (Self)	Ranking (Coach)
Control	Keeping the opponent in down position			
Break Down/Control	Breaking opponent off base			
Turns	Turning opponents			
Pins	Pinning opponents			

DOWN POSITION

Skill	Explanation of Skill	Date	Ranking (Self)	Ranking (Coach)
Keeping Base	Base position			
Getting to Feet	Standing up			
Getting out	Escapes, etc			
Keeping Legs Out	vs Leg riders			
Getting Legs Out	Leg is already in			

MENTAL/CONDITIONING

Skill	Explanation of Skill	Date	Ranking (Self)	Ranking (Coach)
Conditioning	Having the energy to finish matches			
Winning Close Matches	Winning close matches			
Adversity	Handling situations where things go wrong			
Match Preparation	Ready mentally			
Practice/Match Planning				

Ranking Scale (1-5)

1	is not successful against average wrestlers
2	is successful some of the time against average wrestlers, but not the best wrestlers
3	is successful some of the time against good wrestlers, but not the best wrestlers
4	is successful most of the time against good wrestlers, but not the best wrestlers
5	is successful all the time against the best wrestlers