

The Critical Three for Peak Performance

Changing your mental state can be accomplished through a three-step process in just a few minutes.

There are basically two different mental states that you can be in before you step out to wrestle.

The state many wrestlers are in when they step out on the mat.

Powerless State – This is when you are nervous, fearful, anxious, tense, and lacking self-confidence.

What's happening – Your thoughts and feelings are keeping you from wrestling your best match. There is no way you can perform at your peak in this state.

How you wrestle in the powerless state – This is when you wrestle not to lose, are afraid you'll make a mistake, wait to see what your opponent will do, and walk off the mat knowing you could have done better.

Peak Performance - wrestle your best.

Performance state – This is when you are confident, focused and ready for battle.

What's happening – You are speaking to yourself like a champion, you are seeing yourself wrestling like a champion. You are acting like a champion in warm up.

How you wrestle in the performance state – You are dominant. This is when you wrestle to score points; you put your opponent on defense and keep them there. You are looking to get the first takedown.

How to Quickly Get Yourself in the Performance State.

Thoughts create the emotions and feelings that are the cause of your state. Whatever state you are in, your thoughts put you there. When you find yourself in the powerless state, remember:

You can change your state by focusing on three critical elements.

1) Take control of your thoughts by taking control of your self-talk. What would be the self-talk of a champion, as he gets ready to wrestle?

I'm strong - I'm fast - I dominate - I control the match - I never give in

I'm powerful - I break my opponent - I conquer - I'm like an unchained gladiator.

I am unstoppable – My opponent submits to me – I'm ready – I take charge

I keep going – I don't let up – I always find a way to score – I am unshakable

I control my anger and turn it into determination – I am impossible to knock out of my peak performance state.

Write any statements you think a champion would say that you want to use in your pre-match routine.

2) Act like a champion – How would a champion act when they warm up?

Champions warm up confidently. They don't stand idle mat side and stare off into space or watch the current match. They move, loosen up, and get their body ready to wrestle as they say their phrases in their head over and over. They are like a caged lion waiting to be released on its prey.

3) See yourself performing like the champion your self-talk is creating.

Champions see themselves in their mind's eye dominating their opponent, scoring points and controlling the match. And they allow themselves to feel the feelings of a champion.

***Bonus* Focus on keeping your breathing slow and through your nose.**

By paying attention to your breathing and intentionally slowing it down you will automatically calm your nerves. By breathing through your nose you release nitric oxide, which helps prepare you to uptake more oxygen during the match.

Nose breathing also helps dilate blood vessels and airways to assist you in your cardio during the match.