

Objective: to determine action qualities to focus on in matches

Wins/losses are deceiving. Often, we win but wrestle poorly. Other times we lose, but wrestle well. DON'T judge performance based on outcome (wins/losses) like most people. Judge performance by how well you compete. **Go through this every match!**

MATCH EVALUATION

BEFORE MATCH

WARM-UP	YES	NO
Good warm-up physically		
All Pre-Match elements: Dynamic Stretch, Fun element, Deep Breaths, Drilling		

DURING MATCH

NEUTRAL	YES	NO
Took the 1st Shot (draw first blood)		
Moving forward all match		
Aggressive- several full shot attempts		
Your tie or No tie		
TOP		
1st move every time		
Aggressive- Looking to turn/pin, not just ride		
Mat returns attempted when opponent stands		
BOTTOM		
1st move every time		
Constant movement to get out		
Finished no periods on bottom		

OVERALL

EFFORT	YES	NO
Never Quit		
Worked hard during match (not lazy: no hands-on knees, no standing straight up)		
Wrestled hard by out of bounds & end of periods		
Hustled back to the center of the mat		
ATTITUDE		
Great body language- positive- Up beat (bounce in step; pop in attacks)		
Composure- stayed calm; no arguing with ref, looking for a call		
Not "clock watching" or "keeping score"		

Go through everything, circle your 3 biggest areas to improve & review with coach