

Objective: to create a pre-match routine to quiet your mind before a competition

Routines quiet your mind. A detailed and specific pre-match routine will keep you focused on yourself and the exact feelings and thoughts you want to have. While you go through your routine, you will not be thinking about coaches, family, the crowd, your opponent, what if scenarios, etc. Your mind is on your own actions in the present moment. The more you practice your pre-match routine, the more comfortable it will feel. Your thoughts and feelings will be very close to ideal each time you compete.

Exercise: You will construct a very detailed & specific pre-match routine.

A few keys to remember when making a pre-match routine:

- Be as specific and detailed as possible. When will you get up? What music will you listen to? When and how will you stretch & warm up? When will take off your shirt & put on your head gear? How will you run out to wrestle?
- Don't think repair, think design! If you could start from scratch with no memory of the past, what thoughts and feelings would you want to have before you compete?
- Remember to move and act the way you want to feel.
- Include Deep Breathing and some hard drilling with a partner shortly before you wrestle
- Be sure to practice your pre-match routine at least 2 days a week, each week.

PRE-MATCH ROUTINE CHECKLIST

Dynamic Stretching	List your stretching sequence in order:
Element of Fun	(i.e. funny song, dance moves, juggling) List:
Deep Breathing	Recommended while on double deck When, where, duration:
Drilling/Hand Fighting	Recommended while on deck With who, when, what drills, duration:
Exact thoughts you'll tell yourself	(include songs you'll listen to)

Keep long sleeve shirt on & don't run out too early (to stay warm & loose)

Chew Gum (spit out before match (lowers social anxiety))

Shotgun Routine

You may be put in a situation where you get called to wrestle and you do not have enough time to complete your full pre-match routine. You will want to have a plan for a short version of your pre-match routine you can complete in under 2 minutes. This is your shotgun routine. Remember the key is to make the best out of the situation, not do everything perfectly. Include as many elements from the top that you can.

Write below your Shotgun Routine: