

Objective: to pre-plan how you will refocus during adversity

Several adverse conditions will be stated and you will pre-plan how you will refocus- the thoughts you will think and emotions you will feel to overcome distractions. In parentheses are my answers. You can use mine or come up with answers that work better for you personally. You will also write 2 adversity scenarios that you would like to better deal with, and how you will refocus.

Exercise: Go through these scenarios. Have 1 Reset Button (Physical Gesture) & know exactly what you will say to yourself in each situation.

Your 1 Reset Button: (i.e. Head nod, deep breath, clap, head shake, hands shake)

If the referee makes a bad call:	([1 deep breath] Just keep going, I don't expect calls to go my way, I'll get the next one)
If the crowd is loud and /or negative:	(Just keep going, who cares about them, I wrestle for myself [head shake])
If I make a mistake:	([quick head shake] Let it go, get the next one)
If my opponent does something really good/scores on me:	([quick head nods & smile] My turn now)
If my opponent does something dirty:	(Beat him on the scoreboard)
If my opponent continues stalling/backing up:	(Get creative, find a way)
If I lose or wrestle badly at a tournament:	(Bounce back, get the next best thing, put all bad thoughts in an imaginary "black box," drill for good feel)
Getting scored on first:	(Plenty of time; get it back)
I have a lead with short time:	(Get one more; keep scoring)

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