

Match Day Mental Checklist



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Win the Big Matches



Game Day Mental Checklist

Develop a routine you can count on for competitions.

___ Warm up:

- Jog, tumble, gymnastics, stretch, body weight exercises and sprints.
- Light Drill:
- Starting to Bang: Pick up the pace.
- High Intensity Drills: Develop drills in each position the simulate match pace.
- Hand Fighting: Wrestlers should perform a couple live hand fighting periods.
- Live Wrestling or High Intensity Sparring:
- Sprints

___ Nutrition

- After a good warm up wrestlers should re-hydrated and eat a snack if they need one.

___ Stay Relaxed Under Stressful Situations

- Get out of the gym – Find a spot under the bleachers, in the cafeteria or hallway, anywhere away from the excitement and action.

___ Three Strategies to Stay Calm:

- Listen to calming/relaxing music or audio.
- Talk with buddies/teammates about something other than wrestling.
- Breathing techniques and visualization.

___ Put on Your War Paint

- 20-30 minutes before a match dial in mentally and physically and prepare.

___ Physically Prepare

- Wrestlers should get their feet moving and the blood flowing into the muscles.

Mentally Prepare

Think about YOUR Wrestling

- Have a Plan to Deal with Negative Thoughts
- Create a Feeling of Calm, Powerful and Confident
- Flip the Switch - Develop a routine action that tells your mind it's ready for battle.

____Have a Mantra

- Positive phrase you can repeat to occupy your mind when negative thoughts start to enter.