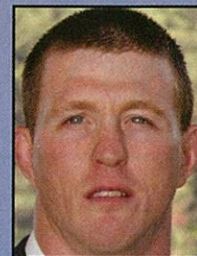


The Self-Assessment Test for Wrestlers and Coaches

by Mike Clayton



Whether you're a wrestler trying to improve your own skills or a coach looking for a way to better analyze your wrestlers, the common link is that you need some type of data to be able to make positive training decisions!

I wrote the Championship Training Log (CTL) for just that reason! While coaching at the Apprentice School in Virginia, I took an old copy of my high school training log (a 5 subject notebook) and made it into a guide for our wrestlers. When I would ask each wrestler to see how much he had filled out in his log, it soon became apparent which wrestlers were dedicated to the sport and which ones were not.

At Army, I've developed the log into a very detailed training tool. The first part of

the Championship Training Log includes a 30 question self-assessment test. Now this isn't the SAT so don't worry about studying! It only takes a few minutes and then you can score your answers on an easy to use score sheet. The score sheet breaks down your test answers into three main areas of wrestling: mental strength, physical strength and technical ability.

You'll see right away how your honest answers show your true strengths and weaknesses in the sport. If you score high in technique and physical strength but low in mental toughness, you should focus to improve in the weaker area to see quicker results. You will also be able to go back through the test and analyze certain areas where you scored yourself low.

We start by putting him in situations in the practice room where his opponent has just scored a takedown and then drill his escape or reversal. Next we would add live wrestling with the same situation. We would start off using a weaker training partner (to improve his initial confidence) and work our way up to someone who could give him a very competitive go.

Next, we would add positive mental affirmations which are also used throughout the Championship Training Log (CTL). We would have our wrestler write down and repeat statements like, "I remain confident after being scored on," or "I can escape or reverse anyone!" These statements (when repeated daily) really bring a positive subconscious attitude to the wrestler. The goal is that in his next match, if he happens to give up a point, he won't think it's the end of the world. He'll know that he can get out from bottom and that he can bounce back to his style of wrestling and be at his best!

The self-assessment test is a great way to find out weaknesses in your wrestling before stepping out onto the mat! Let's find out where you need help and focus on that area before you risk a loss. Let's set positive goals and repeat positive statements so that when you are in a stressful match, you have confidence to fall back on...rather than the mat!

I hope to see you ... in Session6!

Here's a sample: A wrestler takes the self-assessment test and answers the following question:

Q: When my opponent scores on me, I feel like it's going to be hard to bounce right back and wrestle my style.

- 0 = almost always
- 1 = often
- 2 = half the time
- 3 = sometimes
- 4 = not often
- 5 = never

A: He may answer with number 0. He almost always feels like it's hard to bounce back when his opponent scores on him.

So, what good is this information? We find out that this is an area, identified by the wrestler, that he needs work on. (It can mean so much more when the wrestler identifies the areas that need improvement!) So, what is our goal? We need to improve on the wrestler's mental confidence when he's been scored on.

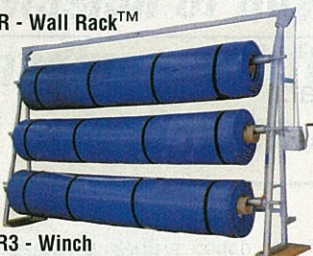
About the book:

The Championship Training Log (CTL) is a comprehensive 5 month training log for wrestlers of all ages (youth through college). It is designed to help wrestlers set goals, organize and prioritize actions required to train effectively.

Editors Note: Mike Clayton is the head assistant coach for the Army wrestling team at West Point, NY. The Championship Training Log is available on his Session6 website at www.Session6wrestling.com.

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