



Jordan Wrestling Personal Training Plan

Name: _____ Weight: _____ Year: _____ Season: _____

Neutral Position:

Stance (Right, Left leg lead)

Offenses:

- | | |
|----|---------|
| 1. | Set-up: |
| 2. | Set-up: |
| 3. | Set-up: |
| 4. | Set-up: |
| 5. | Set-up: |

Short Offense Plan:

Home Runs:

Defense to a single:

- 1.
- 2.
- 3.

Defense to a double:

- 1.
- 2.
- 3.

Defense to a Hi-crotch:

- 1.
- 2.
- 3.

How do you bait your opponent?

What is your strategy for beating speed?

What is your strategy for beating strength?

What is your strategy for beating a better takedown wrestler?

What do you need to improve on (takedown series, stance, counter wrestling, defense, etc...)

- 1.
- 2.
- 3.
- 4.

Top Position:

Which side do you ride on?

What are three moves you execute to stop an opponents first move?

- 1.
- 2.
- 3.

How do you respond if your opponent powers up?

How do you respond if they sit out?

How do you respond if they establish hand control?

Turns:

1st series:

Setup:

2nd series:

Setup:

How does your first series set up your second series?

What must you improve on (breakdowns, establishing control, turn, cradle, etc...)?

Bottom:

What is your first move off the bottom?

What is your second move?

How do you defend a heavy rider (tight waist)?

How do you defend an ankle rider?

How do you defend a leg rider?

What do you need to improve on (stand ups, short sits, hand control, etc...)

Strategy to improve (what are you going to drill/focus on):

Neutral:

Top:

Bottom:

Summer Goals and Specific Tangible Steps:

1. Wrestling Skills

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____

2. Physical Development

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____

3. Mental Aspect

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____

4. Other Ideas

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____

"Don't think about winning. Think about dominating!"

-Pierre Pryor

"The difference between where you are and where you want to be is your commitment to getting there."

-Michael Clapier