


USA Wrestling Goal Cards are great for wrestlers of any age. Write your top moves and mental state and coaches/parents can encourage your best positions during a match. Rate your Zone of Optimal Performance based on the state of arousal that optimizes your best wrestling intensity level.


 Name John Smith
 Date July 5, 2015
Goal Card

Best Move From Neutral
 1. Standing Single Leg
 2. Double Leg

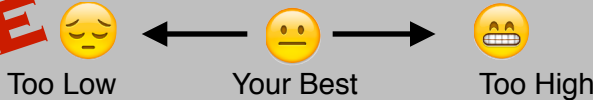
Best Move on Top (Par Terre)
 1. Spiral Ride Breakdown
 2. Half-Nelson


Best Move on Bottom (Par Terre)
 1. Stand Up
 2. Sit Out

Coaching Cues During Matches:
 1. Keep your head up
 2. Elbows In on your shot
 1. Keep forward pressure
 2. Chest on chest
 1. Get hand control
 2. Stay in a tight ball

Zone of Optimal Performance Number

What Energy Level is Best for Your Performances:
 0 1 2 3 4 5 6 7 8 9 10




My Number **6**


Too high? Relax breathing to dial energy down.
Too low? Increase breathing and/or heart rate to increase.

Affirmation Statement:
 Sample: I improve every day in every way and have fun!
 _____ (your affirmation)

----- Cut Along Perforations and Fold (Fits 3" x 5" cards) -----


 Name _____
 Date _____

Best Move From Neutral
 1. _____
 2. _____

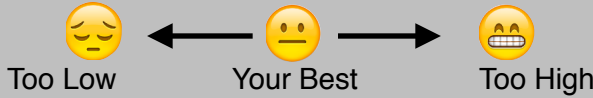
Best Move on Top (Par Terre)
 1. _____
 2. _____


Best Move on Bottom (Par Terre)
 1. _____
 2. _____

Coaching Cues During Matches:
 1. _____
 2. _____

Zone of Optimal Performance Number

What Energy Level is Best for Your Performances:
 0 1 2 3 4 5 6 7 8 9 10



My Number _____


Too high? Relax breathing to dial energy down.
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Affirmation Statement:
 Sample: I improve every day in every way and have fun!
 _____ (your affirmation)

Do you have questions on how to establish your Zone of Optimal Performance? Check out USA Wrestling's Copper or Bronze Level coaching certification programs for detailed info (available for free on TheMat.com under "Coaches" and "Educational Resources.")