

# WWR WRESTLING SEASON EVALUATION OF WRESTLERS FORM

Your Weight Class \_\_\_\_\_

Wrestler's Name: \_\_\_\_\_ Date: \_\_\_\_\_



ONLINE WRESTLING TRAINING 24/7

www.worldwrestlingresource.com

It is through this input that we can identify coaching program staff strengths as well as areas for improvement in the program.

For each question, input the rating that best expresses your thoughts. At practices, the wrestler . . .

The ratings are as follows: **1 = Excellent** **2 = Good** **3 = Average** **4 = Below Average** **5 = Needs Improvement**

## PRACTICES

|  |   |
|--|---|
| Was on time  | Was organized; Used time wisely                             |
| Was patient, displayed self-control and poise                              | Was coachable   |
| Would stay after practice and ask for help                                 | Was patient, displayed self-control and poise               |
| Responded well to constructive criticism, feedback                         | Was mentally prepared for practices with regard to attitude |
| Dealt appropriately with injured injury and followed injury rehab protocol | Demonstrated the ability to analyze and correct techniques  |
| Was "competitive" in practice sessions                                     | Was open to change when needed                              |

## COMPETITION

|  |   |
|--|---|
| Utilized scouting reports from the weight class coach  | Discussed strategy before each match                                      |
| Instilled confidence in team at competition  | Communicated effectively during time-outs & Between periods               |
| Exhibited appropriate post-game behavior with wrestlers, officials, opponents, fans, parents | Stayed focused when a match wasn't going well or was when behind in score |
| Had a pre-match routine that allowed them to compete at an ideal competitive state           | Strength  |
| Conditioning   | Weight/Nutrition  |
| Rest   | Mental Toughness / Resilience   |
| Competitive Toughness  | Top   |
| Bottom   | Feet (Offense   |
| Feet Counter Offense   | Being the aggressor (getting vs giving stalling calls)                    |
| Focus  | Coachable   |
| Flexibility  | Dedication & Determination  |
| Competitive Drive to be Great  | Self Motivation   |
| Coordination & Agility   | Quickness & mobility  |
| Confidence   | Talent  |
| Intelligence   | Good positive mental attitude   |
| Ability to concentrate   | Ability to communicate if he has a question                               |
| Loves Wrestling  | Disciplined   |

## CHARACTERISTICS

|                             |   |
|-----------------------------|---|
| Set a Good personal example | Team over self – ex: finished the season and was there for the team at the finish |
| Academics                   | Leadership  |
| Social Choices              | Teachable   |
| Work Ethic                  | Self Starter  |

**Other:** (Use back of this form if necessary.)

List the strengths you see in this wrestler:

List the weakness you see in this wrestler:

List area(s) you feel this wrestler needs to improve to become an NCAA Champion: