

WWR WRESTLING SEASON EVALUATION OF WRESTLERS FORM

Your Weight Class _____

Wrestler's Name: _____ Date: _____



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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: