

Your Name: _____

Date: _____

WRESTLING CORE WORKSHEET

Your Warm Up

Task:

Start by listening to the podcast available here: <http://WarmUp.WrestlingCore.com>. Next, use the following prompt to answer the questions below.

Pre-Tournament Warm Up

This is everything you do to get your body to warm and 'remind' it what it needs to do throughout the tournament.

Briefly describe what type of cardio and calisthenics will you do to get the blood flowing?

Name the moves/drills that you will do to 'remind' your body what it needs to do:

Neutral	Top	Bottom	Front Head	Funk/Other
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5

Pre-Match Warm Up

This is everything you do to get your body to warm and become your alter ego.

What is the name of your **Alter Ego**?

How long prior to your match will you get up and start your warm up?

What are some things you need to do to get into character?

What is your theme song(s) for your Alter Ego?

Is there anything your coach can do to help you transform into character?

What is going to be your first takedown?

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