

Area 51 Wrestling Club Workbook

Welcome to Your Journey to Mastery

“The difference between a dream and a goal is a plan.”

– Jordan Burroughs, 6x World Champion and Olympic Gold Medalist

Welcome, Wrestler!

This workbook is your personal roadmap to becoming the best wrestler you can be. Use this workbook to help you turn your dreams into reality. Whether you're just starting or aiming for a state title, this workbook will guide you to think deeply about your wrestling, set clear goals, build your own wrestling system, and take action with purpose. It's a living document—meant to grow with you as you evolve as a wrestler. Make it your own, adapt it to your needs, and use it to take control of your wrestling journey.

What Is This Workbook? And How to Use it.

The Area 51 Wrestling Club Workbook is a tool to help you. Here's how to make the most of this workbook to grow as a wrestler:

- **Reflect** on who you are as a wrestler and what drives you.
 - Start by thinking about your strengths, weaknesses, and what makes you unique as a wrestler. Write down what you love about wrestling and what you want to achieve. This section helps you understand your starting point and fuels your motivation.
- **Set Goals** to give your training direction and purpose.
 - Turn your dreams into specific, actionable goals. Break them into short-term (e.g., mastering a single-leg takedown this month) and long-term goals (e.g., placing at states). Write them down to stay focused.
- **Build Your System** by researching techniques and creating a personalized wrestling style.
 - Research techniques from coaches, summer camps, videos, or matches that fit your style. Combine moves into a sequence (e.g., a setup, a shot, and multiple finishes). Create a **drilling script**—a series of moves to practice over and over, starting simple and gradually adding setups and finishes over weeks and months. For example, begin with a single-leg takedown, then add a fake to set it up, and later incorporate a finish like a double-leg if the first fails. Make it yours!
- **Create an Action Plan** with drilling scripts to practice moves, setups, and finishes repeatedly.
 - Come to practice with a plan. Use your drilling script to focus on specific moves. Repetition builds mastery—automatic, instinctive reactions that shine in the chaos of a match. For example, develop one **singular shot** (like a high-crotch or double-leg) that becomes so natural you can adjust it in split seconds to outmaneuver any opponent. Break your goals into small, actionable steps, like “drill my single-leg setup 50 times this week.”
- **Check In and Adjust** every 4-6 weeks to track progress and refine your approach.
 - After 4-6 weeks, review your progress. What's working? What needs tweaking? Write down your reflections and adjust your goals, system, or drilling scripts. This cycle of reflection and adjustment is how you grow stronger, smarter, and more confident.

This workbook isn't just about learning moves—it's about *thinking like a wrestler*. Through self-reflection, goal-setting, and focused repetition, you'll develop skills and habits that make you unstoppable on the mat.

What Is Mastery, and Why Drill?

Mastery is the ability to perform a skill so well it becomes second nature. In wrestling, it means executing moves instinctively, even under pressure in a chaotic match. The key to mastery is **drilling**—repeating a move or sequence until it's automatic. By drilling one shot (like a single-leg) over and over, you train your body and mind to make split-second micro-adjustments, outpositioning opponents effortlessly. Drilling builds confidence, precision, and adaptability, turning you into a wrestler who thrives in any situation.

Make It Your Own

This workbook is a guide, not a rulebook. Personalize it to fit your style, goals, and needs. Add notes, sketch moves, print pages out, or jot down lessons from practice. Use it to think critically about your wrestling and show up to every practice with purpose. Your journey to greatness starts here—let's get to work!