***Self-Scout***

***Calculations***

***Neutral***

1. ***Set Ups***

* Name the set up
* Was it effective or ineffective (you can use tally marks)
* What is Effective? – Did the set up allow you to reach opponents legs / good penetration ( not necessarily did you score)

Top 3 set ups (from tally marks) Non Effective Set Ups

1. 1.

2. 2.

3.

1. ***Shots w/finish***

* Name the shot
* Was it effect or ineffective (Use tally marks) – make sure you know if it a straight shot or score off a scramble
* What is Effective? – if the shot ended with a scored takedown

Top 3 shots (from tally marks) Non Effective Shots

1. 1.

2. 2.

3.

1. ***Defensive Scoring (Neutral)***

* Name the defensive move you scored with
* Was it effect or ineffective (Use tally marks) – did you stop opponents shot or stop it and score from the defensive position
* What is Effective? – if at the least the opponents offensive shot was stopped

Top 3 Defenses (from tally marks) Non Effective Defenses

1. 1.

2. 2.

3.

***Neutral Graphing and Goal Analyzing***

1. **Set ups** - Make on the Circle graph below your top 3 set ups

What is your best Set up -

What Set up do you need to work on -

What set up isn’t working for you -

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1. ***Shots*** - Make on the Circle graph below your top 3 shots

What is your best Shot -

What Shot do you need to work on -

What shot isn’t working for you -

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1. ***Defense***  - Make on the Circle graph below your top 3 Defenses

What is your best defense -

What defense do you need to work on -

What defense isn’t working for you -

***Top/Bottom***

1. ***Breakdowns***

* Name the Break down
* Was it effective or ineffective (you can use tally marks)
* What is effective? – If the opponents move was stopped and they were broke down to the mat

Top 3 breakdowns (from tally marks) Non Effective Breakdowns

1. 1.

2. 2.

3.

1. ***Scoring/Pinning Combinations***

* Name the scoring or pinning combination
* Was it effect or ineffective (Use tally marks)
* What is Effective? – Scored nearfall points (tilt) – or ended in pining your opponent

Top 3 scoring/pin combos (from tally marks) Non Effective scoring/pin combos

1. 1.

2. 2.

3.

1. ***Escapes/ Reversals***

* Name the escape or reversal
* Was it effect or ineffective (Use tally marks)
* What is Effective ?– you scored and escape or reversal

Top 3 Escapes/Reversals (from tally marks) Non Effective Escapes/Reversals

1. 1.

2. 2.

3.

***Top/Bottom Graphing and Goal Analyzing***

1. **Breakdowns** - Make on the Circle graph below your top 3 breakdowns

What is your best breakdown -

What breakdowns do you need to work on -

What breakdown isn’t working for you -

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1. ***Scoring/Pinning Combos*** - Make on the Circle graph below your top 3 top pins

What is your best pin -

What scorepin do you need to work on -

What score/pin isn’t working for you -

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1. ***Escape/Reversal***  - Make on the Circle graph below your top 3 Escapes/Reversals

What is your best Escapes/Reversals -

What Escapes/Reversals do you need to work on -

What Escapes/Reversal isn’t working for you -