**Team Impact Training Factors Pyramid**

*The diagram below is an illustration of all the key training factors and their significance in progression from the bottom base to the pinnacle top. Competency in a lower-level increases competency in the next level.*

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| **Competitive Excellence** |
| **Tactical** |
| * Outsmarting the opponent’s 1st line of defense (head & hands)
* Fake leg attack/ snapdown deception
* Aggressive offensive forward pressure
* Holding center
* Lead & zone management

*Wrestle in practice the way you want to compete* |
| **Technical** |
| *Solid fundamentals focusing on flawless body position*-Stance discipline-Mastery in one of: standing single/ standing double/ Hi C to either a x-ankle or gutwrench transition, including set-ups- Mastery in either an underhook or 2 on 1 tie-up- Relentless dominant hand fighting skills for inside control- Line of Defense: 1st head & hands/ 2nd hips/ 3rd scramble*Plan your individual drill program according to the above* |
| **Physical** |
| * Cardio: ability to wrestle the final 30 seconds as the first
* Strength + Explosive power: Standards in pull-ups, rope climb, push ups; core,
* Flexibility/ mobility: full range of movement in all joints;
* Body coordination/ awareness: foot speed/ gymnastics

*It usually takes a couple of months for cardio improvements, weeks for strength and days for mobility, plan accordingly*. |
| **Nutrition** | **Sleep/ Recovery** |
| * You are what you eat, to feel your best you must eat your best. Make healthy eating and hydration choices daily and check your weigh regularly. Know your body and how much you float overnight as well as how much you can lose in a workout.
 | * You need your rest to be your best. Sleep 7 to 9 hours of consecutive quality hours daily.
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| **Mental** |
| * Goal setting: the decisions you make and the habits you develop must be in-line with the goals you make
* Growth mindset/ mindfulness/ gratitude
* Inner voice and mantra
* Competitiveness and Mental toughness: Always striving to succeed despite the odds
* Perseverance: competing with the same vigor after a loss
* Visualization: have an excellent picture of what a great performance looks like
* Block out distractions and focus on only what you can control
* Be kind, respectful, humble and hard working
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