***X-Factor Elite* Match Day preparation**

Arrive to facility a minimum of 70-75 minutes prior to wrestling start time.

1 hour before wrestling all wrestlers on the mat ready to go.

About 10 minutes Warm-up—jog, gymnastics, stretch:

About 20 minutes drill
**Feet**
Drill your A Takedown 10x
Drill your B Takedown 10x
Drill your C Takedown 10x
Shot defense 5x each Head outside shot and Head inside shot
**Mat Bottom**
Stand ups 10x left side, 5x right side
Granby roll for 1 5x
Your top move off bottom 5x
**Mat Top**
Your A turn 10x, your B & C turn 5x each.

Get water.

Use the restroom.
Time to compete

Before each match your heart should going by doing a few sprints, shadow shots etc
After each match get a cool down by doing a few light sprints to a walk.

Parents: Do NOT tell your wrestler that they should easily beat their next opponent or that they are really tough and odds of beating them is not good. Do NOT go over their opponents Track history. Focus on technique, what set-ups might work etc., get them thinking on what moves they are going hit.

Wrestlers: Always put apparel into your Gear Bag when you take something off, DO NOT leave your clothing/personal items all over the stands or matside.

When traveling and staying in hotel, NO POOL time the night before competition!!

 