Folsom High Wrestling Mental Visualization 2026-27

A home visualization guide incorporating muscle relaxation and breathing control can enhance wrestling performance. Consistency is key to making this technique effective!

Step 1: Preparation (The Setup)

1. Find a quiet space: Choose a comfortable, dimly lit area in your home where you will not be disturbed. A bedroom or quiet study works well.
2. Schedule your session: Practice this daily, preferably at the same time each day (e.g., before bed or after a light workout). Sessions only need to be 10-15 minutes long.
3. Get comfortable: Sit upright in a comfortable chair or lie flat on your back. Close your eyes gently to minimize distraction.

Step 2: Breathing Control (Centering Yourself)

1. Focus on the breath: Place one hand on your stomach and the other on your chest.
2. Inhale deeply: Breathe in slowly and deeply through your nose for a count of four. You should feel your stomach rise, not your chest.
3. Hold: Hold your breath for a count of four.
4. Exhale slowly: Exhale smoothly through your mouth for a count of six.
5. Repeat: Continue this deep, controlled breathing for 2-3 minutes until you feel calm and centered.

Step 3: Progressive Muscle Relaxation (Releasing Tension)

Systematically move through your body, tensing and then relaxing each muscle group.

1. Tense and Release: Tense a muscle group tightly for 5 seconds, then immediately release all tension, allowing the muscle to go completely limp. Rest for 10 seconds before moving to the next group.
2. Follow this sequence:
    - **Feet and Toes**: Curl your toes tightly. Release.
    - **Calves**: Point your toes and tighten your calf muscles. Release.
    - **Thighs**: Press your knees together tightly. Release.
    - **Stomach/Abs**: Tighten your core muscles. Release.
    - **Hands and Arms**: Clench your fists and tighten your biceps/triceps. Release.
    - **Chest and Shoulders**: Shrug your shoulders up to your ears. Release and let them drop.
    - **Neck and Face**: Gently tighten your neck, scrunch your face, and clench your jaw. Release completely.

Step 4: Visualization (The Match Scenario)

Once you are fully relaxed, begin the mental rehearsal. Use all your senses in this process.

1. Visualize the Environment: Imagine the sights, sounds, and smells of the wrestling room or arena. See the mats, hear the crowd noise, the official's whistle, and feel the temperature of the room.
2. Visualize the Action: Picture yourself successfully executing key maneuvers. Focus on perfect technique, strong positioning, and effective counters.
    a. Go to the head table to check in and get your color assignment.
    b. Get on your color, into a stance, and get ready to shake hands.
    c. Shake.
    d. WRESTLE!
        i. Round 1:
        ii. See yourself doing your move and getting the takedown.
        iii. See yourself breaking your opponent down.
        iv. See yourself using a pinning combo to get nearfall and a pin.
        v. Round 2:
        vi. The referee flips the coin and one of you chooses or defers.
        vii. Make a choice for your scenario.
        viii. Work your way through Round 2.
        ix. Round 3:
        x. Make a choice for your scenario or respond to their choice and get set.
        xi. Work your way through Round 3.
        xii. See, feel and hear the room as your hand gets raised after winning the match.

3. Focus on Success: Replay a previous match where you performed well, or create an ideal scenario where you maintain control, score points effectively, and win the match. See the referee raising your hand.
3. Incorporate Emotion: Feel the confidence, focus, and energy associated with your success. Associate positive emotions with your performance.
4. Troubleshoot: You can also visualize overcoming a challenge, such as being in a tough position and successfully executing an escape or reversal.

Step 5: Conclusion (Ending the Session)

1. Reflect: Spend a moment absorbing the positive feelings of your successful visualization.
2. Slow Return: Slowly bring your awareness back to the room. Wiggle your fingers and toes, gently stretch, and open your eyes when you feel ready.
3. Review and Plan: Briefly think about one or two specific techniques you want to improve on in your next physical practice session.