

From: **Wrestling Mindset** wrestlingmindset@gmail.com
Subject: 6.5 Ways Wrestlers Kill Postseason Performance
Date: August 22, 2017 at 7:31 AM
To: *IFNAMEI* lanny@wrestlingusa.com



Mindset training to help wrestlers on and off the mat.

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Stop Killing Postseason Performance

Read the article- [6.5 ways Wrestlers Kill postseason performance](#)

1. Wrestling like you have something to defend aka wrestling not to lose. Maybe you won a district, state, or national title last season. Go after it again with the same fearlessness. Don't let last year's title slow you down. Take chances and pull the trigger again.

2. Giving any opponent too much respect. Anyone following HS or college wrestling this season should have learned that they ALL can be beat. Go after each opponent with the same intensity, regardless of his name. No one is invincible, everyone has a breaking point, ALL are vulnerable. Expect to win, believe in yourself even if no one else does. "Upsets" start in the Mind of the "underdog". See it, believe it, achieve it.

Read the rest below:

<http://www.wrestlingmindset.com/1/post/2014/02/65-ways-you-will-kill-postseason-performance.html>

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