



to [REDACTED]  
Match:

<https://www.flowrestling.org/> [REDACTED]

Notes:

:17 - Sitting behind the hips when riding. This caused many issues in this match. Need more weight on the hands, and cannot do that from straight behind him.

:21 - Great job on the tilt, but slow down a little. I love the pace, but you are getting sloppy by rushing. Should be 3pt Near Fall all day on that tilt.

:25 - Do not let go of both hands to show the ref. Especially in this case, as you did not get a full 5 count, and could hit it again and get the 3 points instead of only 2.

ISSUE: once I got to this point in the match, I stopped because I wanted to time something out. I wanted to see how much of the match you rode him, and how much of that riding time was spent not actually riding or turning. What I found was that you spent a total of 1:43 on top between the first two periods. Of that, he was either on his feet in with you trying to return, or sprawling with you in on a leg 1:08. That is entirely too much time to spend riding someone with no purpose other than to keep him from scoring 1 point.

:39 - when someone cuts away, we should be the one doubling them. Do not stand up straight when someone cuts away. Keep hands on and maintain your head on a laser line that is directly between his head and your hips.

:43 - when split between the legs here, continue to face him and push on his chest. You will finish almost every time when you do that. Instead, you turned down and grabbed his leg from the outside, instantly giving him position to finish the takedown.

1:02 - Bad idea to scramble from shot defense when you are already on bottom. Just turn down to base and get back to your feet. Cost you 2 NF points here.

1:48 - Why did you defer? I don't necessarily think it was wrong, but when you have choice and you make your choice, it should be for a reason and you should know what that reason is.

3:16 - I know a skipped through a lot, but most of the second period was just wasted time. You weren't able to hold him down, but when he finally gets his escape here, you take him down again with another beautiful high crotch. How many times do you think you could have done that instead of chasing him around and hanging on to his legs while on top? You need to recognize in a match where you are scoring your points and keep it in mind in case you can't score in other places.

3:19 - the Hi-C was beautiful, but the finish leaves a bit to be desired. You must keep your shoulder tight to the belt buckle, and keep your hands wrapped tight on the thighs. We cannot let go and climb the body while he easily turns down to his base. You have to make him work harder than that. Those are the small type of things that suck the energy and enthusiasm out of kids.

3:51 - Again, no weight on the hands, and he comes directly to his feet. Gotta work on stopping the first move.

3:57 - Have to hold people down with 7 seconds left. Cannot give up that easy point with that little time on the clock. All those times you dropped to legs, this is the time to do that.

4:28 - You are starting to get desperate, and shooting from your knees. You must keep composure here. This is a perfectly winnable match at this point, and if I were you, I would have felt very confident that I was going to win at this stage. Why? you have taken him down twice with high C (Beautiful Hi-C's!!!), you are down by 2 (one one takedown), and you have 1:30 left (a lot of time!). I think you could have taken him down again two more times with that shot and won the match. Take him down, it's tied. Cut him. He is up by one. take him down and ride him and you win. If he gets away, you go to OT, where you take him down and win. I know it isn't that simple in real life, but the real idea here is that you have to be formulating a game plan as the match progresses. You should be evaluating that information right as the whistle blows between periods. He chooses neutral, you better have a quick vision of your path to victory.

4:41 - Here we see the wrestling from the knees come to collect. Then this is where you mentally broke. But that is ok! Because we have to have moments to figure out how NOT to have them in the future!

So, in summary. I would focus on finishing tight to hips on the shots. Also, riding with forward pressure and weight on the hands. Get break downs and get wrist control. Control their hips. Don't waste time chasing a guy around and wearing yourself out to try and ride. Cut them loose if you can't ride them....unless there are 7 seconds left \*wink\*. Finally, having a game plan, and constantly adjusting as needed when things go "not so to plan."

The good: great penetration and head position on your high crotches! Your pace started out fantastic! We can slow it down a bit to get a little more control over our positioning, but I love the forward attack style! More good news: this is a winnable match! That may make you feel bad at first, but if you think about it like this, it may sound better: you have all the necessary skills to win that match right now without getting any better. All you needed was to make some better decisions! Keep working hard and keep trusting in the process. Keep being aggressive, and don't be afraid to make mistakes! Improve every single time your shoes touch a mat.