

Gameplan / Strategy Map

Here are two suggestions to make the most of this tool.

1. **General Gameplan Development:** Fill out each of the sections pages 2&3. I would suggest putting one or two important concepts/ideas to remember in that position. Then put 2-3 high percentage techniques that are either already part of your A-game or you would like to add to your A-game with more practice. If you are struggling to fill out a few sections, then that might indicate that those are your areas of weakness. Then try to spend a few weeks or months focusing on those areas until you can confidently fill out those sections. Revisiting this tool a few times a year in this way will help you to focus your game by highlighting your strengths and weaknesses. Then you can set and work towards goals based on this information. Continue to update/replace some of the info as you get better, your game evolves, and you learn more efficient techniques than what you were doing before.
2. **Competition Prep:** Fill out the sections similar to the General Use above but really only include the A-game you plan to employ during your next tournament. Bring it to the gym and look it over to refresh your memory right before training. This will help your auto-pilot to kick in when you find yourself in these positions. If something is not working or you find something that is working better, update the plan right after practice to fine tune it and make it laser focused by tournament time.

Here are some example sections to give you some ideas:

Standing Plan (Takedowns):

1. Back up before engaging so you can see their stance and decide the most appropriate technique
2. Intercept their grips and get your ideal grips
3. Collar drag
4. Ankle pick
5. Snap down

In Their Closed Guard:

1. Control the centerline and inside space with your hands/arms
2. Establish posture that will allow you to set up your best guard break
3. Standing guard break with sleeve to stack pass
4. Standing guard break with knees in their butt to knee cut pass
5. Seated wedge break to body lock pass

I Have Mount:

1. Stay low and cross feet under their butt
2. Walk one or both underhooks up
3. Head and arm triangle
4. Head and arm Ezekiel if they bridge out of triangle
5. Gift wrap to back take

Fill in the following two pages with your own information/strategy. Combine the techniques and the verbiage that fits your game and memory the best.

Standing Plan (Takedowns):

- 1.
- 2.
- 3.
- 4.
- 5.

Standing Plan (Pulling Guard)

- 1.
- 2.
- 3.
- 4.
- 5.

I Have Closed Guard:

- 1.
- 2.
- 3.
- 4.
- 5.

In Their Closed Guard:

- 1.
- 2.
- 3.
- 4.
- 5.

In Half Guard Bottom:

- 1.
- 2.
- 3.
- 4.
- 5.

In Half Guard Top:

- 1.
- 2.
- 3.
- 4.
- 5.

I Have Open Guard:

- 1.
- 2.
- 3.
- 4.
- 5.

I'm in Open Guard:

- 1.
- 2.
- 3.
- 4.
- 5.

I'm Mounted:

- 1.
- 2.
- 3.
- 4.
- 5.

I Have Mount:

- 1.
- 2.
- 3.
- 4.
- 5.

I Am In Side Control:

- 1.
- 2.
- 3.
- 4.
- 5.

I Have Side Control:

- 1.
- 2.
- 3.
- 4.
- 5.

My Back is Taken:

- 1.
- 2.
- 3.
- 4.
- 5.

I Have Back Control:

- 1.
- 2.
- 3.
- 4.
- 5.

I Am In Turtle:

- 1.
- 2.
- 3.
- 4.
- 5.

I Am Attacking Turtle:

- 1.
- 2.
- 3.
- 4.
- 5.

My Legs Are Being Attacked:

- 1.
- 2.
- 3.
- 4.
- 5.

I Am Attacking Their Legs:

- 1.
- 2.
- 3.
- 4.
- 5.