



BONE FIGHT

GOAL: To work on level change and movement.

- SETUP:**
- Pairs of wrestlers.
 - Each pair holds onto one end of a towel.

PLAY: Using only one hand the wrestlers try to break each other's grip on the towel or knock each other off balance.

SCORING: Award 1 point each time a grip is broken or the opponent's knee touches the mat.



OBSERVATIONS

Either make notes on individual performance, wrestler by wrestler, or on the team's overall ability to perform the key components of this skill: keep the head up, bend at the knees, raise or lower hips while maintaining proper positioning.

KEYS TO CHANGING LEVELS

- Keep the head up.
- Do not bend at the waist; bend at the knees.
- Raise or lower hips while maintaining proper positioning.

COMMON ERRORS

- Staying on one level.
- Poor footwork.
- Not keeping knees bent.

QUESTIONS FOR WRESTLERS

- What were you trying to do in this game?
- What did you have to do to be successful?
- How can you improve your ability to change levels?