



# BULLDOZER

**GOAL:** To enhance breakdown skills.

- SETUP:**
- Pairs of wrestlers.
  - One wrestler kneels with both legs on the mat, hands resting on the knees and the laces of shoes to the mat.
  - The “bulldozer” is in an upright position and cannot lock his or her hands around the kneeling wrestler’s waist.



- PLAY:**
- The bulldozer tries to flatten the defender to the mat.
  - The kneeling wrestler attempts to maintain the kneeling position and move to a standup.

**SCORING:** The bulldozer earns 1 point for every breakdown, and the defending wrestler earns 1 point for every standup.



## OBSERVATIONS

Either make notes on individual performance, wrestler by wrestler, or on the team’s overall ability to perform the key components of the skill: maintaining good lever control, applying constant hip pressure, driving down and forward with chest and upper body.

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## KEYS TO THE BREAKDOWN

- Maintain good lever control.
- Drive down and forward with chest and upper body.
- With ankle breakdowns, drop hand off elbow to opponent’s waist while other hand pulls up opponent’s ankle and leg.
- Apply constant hip pressure.



## COMMON ERRORS

- Not keeping the body coiled.
- Not circling the opponent.



## QUESTIONS FOR WRESTLERS

- What was the goal of this game?
- What did you have to do to be successful?
- How can you best improve your breakdowns?