

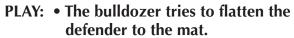


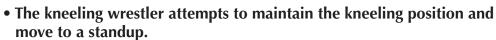
BULLDOZER

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.





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.

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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?