



# CRICKETS AND WICKETS

**GOAL:** To initiate proper level change.

**SETUP:** Wrestlers in pairs.

- PLAY:**
- One wrestler shoots through a stationary partner's legs (the wicket)
  - Then shooter leaps back over the partner in leapfrog motion.

**SCORING:** First team to complete 15 leaps wins the game.



## 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.

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## KEYS TO CHANGING LEVELS

- Keep the head up.
- Bend at the knees, not at the waist.
- Raise or lower hips while maintaining proper positioning.



## COMMON ERRORS

- Not enough knee bend.
- Wrestlers become fatigued.



## 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?