



# FLOPPING FISH



**GOAL:** To learn ways to pin a defender for the fall.

- SETUP:**
- Pairs of wrestlers lying on backs, side by side, head to head and feet to feet.
  - Each wrestler has arms and hands flat to the mat and legs straight.

**PLAY:** Each wrestler bridges and tries to catch partner on his or her back.

**SCORING:** Score 1 point for a takedown in which defender gets to his belly, 2 points when fish holds partner to his back for 5 seconds.

Give any less skilled wrestler the advantage of having legs bent or inside arm across defender's chest to start game.



## OBSERVATIONS

Either make notes on individual performance, wrestler by wrestler, or on the team's overall ability to perform the key components of pinning: good chest-to-chest position, body perpendicular to opponent, opponent's arms out to a "Y," and use of toes, not knees.

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## KEYS TO PINNING

- Get in a chest-to-chest position.
- Position your body perpendicular to opponent with your knee to his or her ear.
- Punch opponent's arms out to a "Y" position.
- Use your toes, not knees, to put weight on opponent.



## COMMON ERRORS

- Poor body position.
- Lack of arm control.
- Up on knees, not toes.



## QUESTIONS FOR WRESTLERS

- What were you trying to accomplish in this game?
- What did you have to do to be successful?
- How can you improve your pinning technique?