



KNEE TAG

GOAL: To work on level change and penetration.

SETUP: Pair of wrestlers face each other.

PLAY: Wrestlers shoot in and tag the inside of their partner's knee.

SCORING: Award 1 point for each knee touch.



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: ability to change level, shoot through opponent's hips, and make a direct shot toward the location where the opponent's hips will be.



KEYS TO PENETRATION

- Movement should be *through* opponent's hips.
- Movement should be directed toward opponent's hip *or* the location where they will be.
- Penetration should be at least 3 feet beyond the target.



COMMON ERRORS

- Incomplete forward motion.
- Wrestlers miss because they were shooting at the current location of the hips.
- Wrestlers don't use good technique in changing levels.



QUESTIONS FOR WRESTLERS

- What was the goal for this game?
- What did you have to do to be successful?
- How can you improve your ability to penetrate an opponent?