



# PUMMELING AROUND

**GOAL:** To increase activity and awareness from a close pummeling position.

**SETUP:** Pairs of wrestlers are placed chest to chest in an over-under position.

**PLAY:** Wrestlers use underhooks and overhooks to lift and throw partners to their backs.

**SCORING:** Award 1 point for each lift and throw.



## 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: squeezing opponent in tight, lifting with legs, and maintaining balance over points of support.

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## KEYS TO THE BACK ARCH

- Squeeze the opponent in tight.
- Lift with the legs.
- Maintain balance over a point of support.



## COMMON ERRORS

- Poor balance.
- Poor back bridge technique.



## 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 back arch?