



SPIDER FIGHT



GOAL: To work on the back arch.

- SETUP:**
- Divide the team into pairs.
 - Both wrestlers assume a back bridge facing away from each other.
 - Only hands and feet are on the mat.

PLAY: Wrestlers try to grab, pull, or push partners out of their bridge positions.

SCORING: Award 1 point for each knockdown.



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.



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?