



## SPINNING BEAR

**GOAL:** To give the attacking wrestler practice in scoring go-behinds while the defending wrestler practices facing an opponent from an unstable stance.

- SETUP:**
- Pairs of wrestlers.
  - Bottom wrestler is in a bear crawl position with only his hands and feet on the mat.
  - The top wrestler is attacking from an upright stance.
  - The bear cannot grab the attacker or drop to his knees.
  - The bear keeps the head up and attempts to keep the attacker in front of him or her.



**PLAY:** The attacking wrestler must spin behind the bear while keeping his or her hands on the bear.

**SCORING:** Attacking wrestler earns 1 point for each go-behind.



### OBSERVATIONS

Either make notes on individual performance, wrestler by wrestler, or on the team's overall ability to perform the key components of the go-behind: good sprawling technique, circling motion, and footwork.

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### KEYS TO THE GO-BEHIND

- Use quick, choppy steps.
- Use a circling motion.
- Stay low and coiled.



### COMMON ERRORS

- Slow footwork.



### QUESTIONS FOR WRESTLERS

- What was the goal of this game?
- What did you have to do to be successful?
- How can you improve your go-behinds?