



# SWITCHERS – HIP HEIST

**GOAL:** To scramble into control over opponent.

- SETUP:**
- Divide team into pairs of wrestlers in one of the following positions.
  - Wrestlers get down on all fours, side to side, facing toward each other's ankles. Each wrestler grasps with the inside arm and lifts the near foot of the opponent or nearest thigh.
  - Wrestlers sit side to side, face and legs extended beyond opponent's back. Each wrestler grabs lever control on the near thigh of opponent. They also may use standing or kneeling position.



**PLAY:** Goal is to scramble into control over opponent.

**SCORING:** Award 1 point for each successful breakdown.

## 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: maintaining good lever control, applying constant hip pressure, driving down and forward with chest and upper body.

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## KEYS TO THE BREAKDOWN

- Maintain good lever control.
- Drive down and forward with chest and upper body.
- Apply constant hip pressure.
- Constantly adjust arm control techniques.

## COMMON ERRORS

- Losing lever control.
- Not enough hip pressure.

## QUESTIONS FOR WRESTLERS

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