



TOE TACKLES

GOAL: To initiate takedown attempts using the legs and feet to trip opponents.

- SETUP:**
- Divide team into pairs of wrestlers.
 - Each wrestler grasps opponent's shoulders at arms' length of each other.
 - Wrestlers cannot move, pummel, shoot, or snap down opponent.

PLAY: Wrestlers attempt to trip opponent to the mat.



SCORING: Wrestlers on top who knocks opponent to the mat is awarded 1 point.



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: smooth, quick step; feet create a small base; and good technique in changing levels, penetrating, and lifting.



KEYS TO THE BACK STEP

- The step must be smooth and quick.
- Feet should be brought close together to create a small base.
- Wrestlers should change levels, penetrate, and lift.



COMMON ERRORS

- Wrestlers break grip on shoulders.
- Slow movement or wide positioning of the feet.
- Weak lifting technique.



QUESTIONS FOR WRESTLERS

- What was the goal of this game?
- What did you have to do to be successful?
- How can you improve your back step and tripping technique?