



TURK STEP CHASE

GOAL: To enhance the wrestler's ability to score back points.

- SETUP:**
- Pairs of wrestlers.
 - One wrestler is flat on his belly with legs straight; he must crawl out of a circle using elbows and forearms.
 - The top wrestler uses a turk step to prevent bottom wrestler from reaching safety.



PLAY: The top wrestler must then turn the bottom wrestler and secure opponent's legs with both of his own.

SCORING: Top wrestler earns 1 point for securing bottom wrestler's legs.



OBSERVATIONS

Either make notes on individual performance, wrestler by wrestler, or on the team's overall ability to perform the key components of turk step and pinning: For turk step, elevate near leg, step through opponent's stance during lift, aim high and wrap above opponent's knee, and kneel to the mat. For pinning, good chest-to-chest position, body perpendicular to opponent, opponent's arms out to a "Y," and use of toes, not knees.



KEYS TO PINNING

- Get in a chest-to-chest position.
- Position your body perpendicular to opponent with your knee to his or her ear.
- Punch opponent's arms out to a "Y" position.
- Keep head up and avoid looking at the pin.
- Use your toes, not knees, to put weight on opponent.



COMMON ERRORS

- Poor turk step technique.
- Body not perpendicular to opponent's body.
- Use of knees, not toes, to drive opponent.



QUESTIONS FOR WRESTLERS

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