



Contact with another player (continued)

Escaping and pinning down

Skill

- Wrestling

Equipment

- None

Space and players needed

- Players in pairs with space to wrestle

Time

- 15-20 seconds, swap sides for another 15-20 seconds
- 2-3 minutes in total

What to do

Escaping from pin-down on back

- Player A lies on back on the ground.
- Player B lies on top of A with chest on A's chest.
- Player B pins A down with body and arms.
- On coach's signal, Player A tries to wrestle free and get up.



Escaping from pin-down on stomach

- Player A lies on stomach on the ground.
- Player B lies on top of A with chest against A's upper back.
- Player B pins A down with body and arms.
- On coach's signal, Player A tries to wrestle free and get up.



Wrestling back to back to pin down

- Players A and B sit back to back, hands on knees.
- At coach's signal, they start wrestling to see who can pin the other down first.
- Players not allowed to stand up when trying to pin the other down. Stay on knees or lower.



Pilfering the ball

Equipment

- Balls

Skill

- Ripping

Space and players needed

- Players in 2 s and 3 s with space to wrestle

Time

- 15-20 seconds, swop sides
- 1-2 minutes in total

What to do

Pilfering while low

- Two players lie on backs next to each other, Player A presses ball tightly to chest with arms.
- On coach's signal, Player A turns on side, curling up in fetus position to protect the ball.
- At the same time, B jumps up, feet behind A's back.
- Player B assumes very low body position and tries to take (pilfer) the ball from A.
- While pilfering, Player B holds balance without touching the ground with hands to support body weight.

Pilfering while upright

- Three players standing upright 50 cm apart.
- Player A stands in the middle holding the ball. Player B stands in front of A, facing A. Player C stands behind A facing A's back.
- On signal, B and C try to pilfer ball from A.



Box wrestling

Equipment

- Cones

Skill

- Wrestling

Space and players needed

- Grids 3 x 3 m (2 players per grid)
- Grids 4 m apart

What to do

- Two players per "box" (grid), facing each other.
- On whistle, players attempt to wrestle one another out of the box.
- Bodies always in a crouched position, leaning forward.
- Feet wide apart for more stability and knees bent for better pushing.
- Hands up, shoulder height.
- Contact always below shoulders.



Progression

- Players try to wrestle one another out of the box in 5-10 seconds.
- Indicate one side where they must wrestle the opponent out.
- 2 v 1 push and wrestle the one out through the "gate".
- Players wrestle back against back.