

Objective

By the end of this lesson, you will have a basic understanding of wrestling and some fun activities to practice your skills.

Materials and Prep

- A clear and safe space to move around
- Comfortable clothing
- A water bottle to stay hydrated
- Optional: Wrestling mat or soft surface

Before starting this lesson, make sure you warm up your body with some stretches and light exercises.

Activities

- **Shadow Wrestling:** Stand in front of a mirror or an open space and practice different wrestling moves without a partner. Focus on your stance, footwork, and technique.
- **Practice Takedowns:** Find a soft surface or a wrestling mat if available. Practice takedowns by starting in a low stance and shooting your lead leg forward to take down an imaginary opponent. Repeat this movement from different angles.
- **Learn Pinning Techniques:** Lie on your back and practice different pinning techniques. Try to hold your opponent's shoulders down on the ground for a count of three. You can also use a pillow or a stuffed animal as your opponent.
- **Create Wrestling Matches:** Use your imagination and create wrestling matches with your siblings, friends, or even your stuffed animals. Take turns being the referee and the wrestlers. Make up your own rules and have fun!

Talking Points

- **Wrestling Basics:** Wrestling is a sport where two people try to overpower each other by using specific moves and techniques.
- **Stance and Footwork:** It's important to have a strong and balanced stance in wrestling. Keep your feet shoulder-width apart and bend your knees slightly. Move around using small steps to maintain your balance.
- **Takedowns:** Takedowns are moves used to bring your opponent down to the ground. A common takedown is called a single-leg takedown, where you shoot your lead leg forward and grab your opponent's leg to take them down.
- **Pinning Techniques:** Once you take your opponent down, you want to pin them to the ground. Pinning means holding your opponent's shoulders down on the mat for a count of three. There are different techniques to achieve this, such as the half nelson or the cradle.
- **Imagination in Wrestling:** Wrestling can be a fun and creative sport. You can create your own wrestling matches and come up with different characters and storylines. Just make sure to always play safely and respect your opponents.