

10U/12U PHASE I - UPPER & LOWER BODY

HAND WRESTLING & CIRCLE WRESTLING

HAND WRESTLING

SETUP

- Divide players into partners.
- Pair up players of similar size.

MOVEMENT

- 1 Grasp partner's right hand like a handshake.
- 1 Place left foot forward and right foot back.
- 2 Try to make partner move their front or back foot.
- 2 Repeat, grasp partner's left hand like a handshake.
- 2 Place right foot forward and left foot back.
- 2 First player to 5 wins.
- 2 Switch partners and repeat.

CIRCLE WRESTLING

SETUP

- Divide players into partners.
- Pair up players of similar size.
- Draw 2 circles on the ground that are touching each other and are 2 feet in diameter.
- Each player stands in a circle.

MOVEMENT

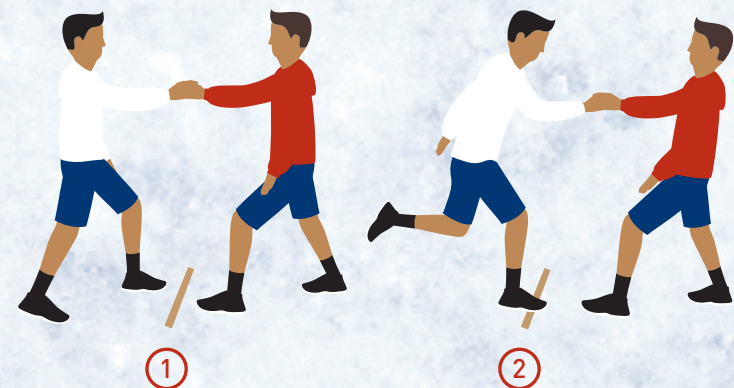
- 1 The objective is to push or pull each other out of the circle without stepping out of your own.
- 2 First player to 5 wins.
- 2 Switch partners and repeat.



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HAND WRESTLING



CIRCLE WRESTLING

