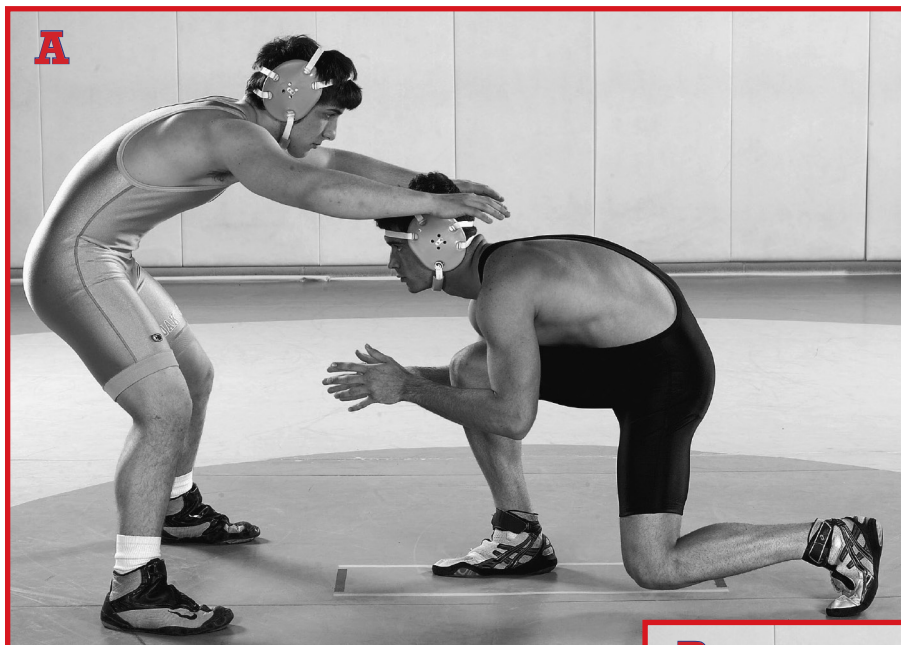


Double-Leg Trip

By Bill Welker



Setup

W2 reaches for W1 in the neutral position (a).

Action

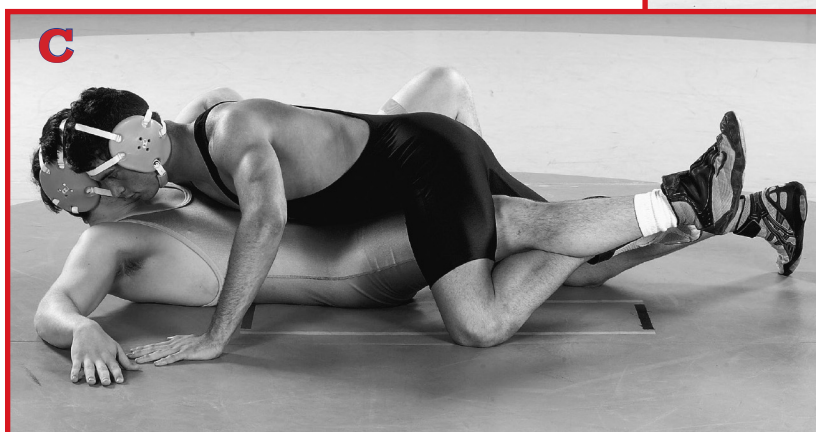
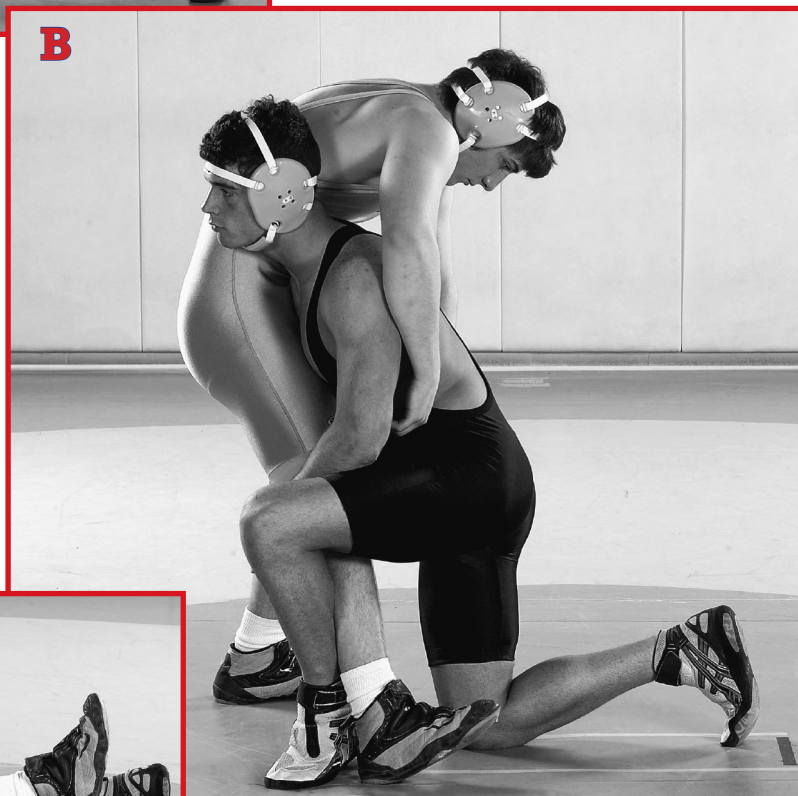
W1 deeply penetrates W2's defenses, hooking W2's right leg with his left leg while shooting the double-leg takedown (a and b). As they drop to the mat, W1 quickly releases his arms around W2's legs as he prepares to adjust to a ride or pinning combination (c).

Coaching Points

The wrestlers must be taught not to allow their upper body to trail their trip leg, or they will be placed in an off-balance position. Emphasis should also be on whipping the trip leg back as they shoulder drive through their opponents for the double-leg takedown.

Common Error

A very common mistake is that the attacking wrestler does not drive his shoulder into his opponent's mid-section while driving him to his back.



Excerpts from
The Wrestling Drill Book, 2nd Edition
Double-Leg Trip: pp. 68-69