



OFFENSIVE NEUTRAL POSITION MOVE: BASIC DOUBLE-LEG



There are many double-legs, setups, and finishes that wrestlers can learn throughout their careers.



From a neutral stance the wrestler pounds his rear heel into the mat as he drives forward. His lead leg aims to the center of his opponent.



The wrestler changes his level and aims his head to the outside of the far hip.



Here the wrestler's knee pounds to the center of the opposing stance as he begins to lock the double leg in place.



The wrestler quickly brings his trail leg up as he begins to look up and across the opponent's back. Here, too, the wrestler is always coming off of his lead leg.



The best wrestlers do not finish shots on their knees. They drive up and through their opponents.



The wrestler keeps his feet driving; he shouldn't finish in the same spot on the mat. He should run through the takedown.



At this point the wrestler has successfully changed his level up after the initial downward level change.



The wrestler returns his opponent to the mat under control.



The completed double earns two points. As wrestlers progress in skill they will learn combinations like a double to a half-nelson finish or even a turk step.

Don't limit wrestlers to the simplest of double-leg techniques. Kids can learn many more doubles to be successful.