



OFFENSIVE NEUTRAL POSITION MOVE: BASIC SINGLE-LEG



A wrestler needs to keep his head to the inside on a good single-leg.



In this basic single the attacking wrestler sets up his shot by dragging the opponent's wrist out of the way while stepping to the outside.



The wrestler steps to the outside and changes level, preparing to drive his head to the inside of the opponent's ribs.



As he wraps his arms down the leg, he picks the leg up and drives his head into the opponent's chest.



He then reaches low to the ankle, taking a high step so that he can elevate the leg.



Notice that he encircles the heel of the leg, preventing his opponent from kicking out.



He drives into the wrestler and begins to take a step to trip his opponent as he pushes with his free hand.



The wrestler should try to trip above the knee to prevent his opponent from stepping over the trip.



The wrestler's drive with his arm is just as important as the trip in this "tree-top" finish.



Here the wrestler covers for the two-point score.

Once again, there are a variety of single-legs, including many combinations of setups and finishes.