



TOP MOVE: CRADLE (NEAR-SIDE)



Wrestlers use a variety of cradles to turn opponents, especially when the opponent's head drops toward the knees.



In the near-side cradle a wrestler locks an opponent's head toward his own knee.



While reaching over the opponent's head, the top wrestler uses the top of his head to drive into the side of the flattened opponent.



At the same time he reaches with the other hand behind the down man's knee.



As he drives into the opponent, he should lock his hands as close as possible to the down man's head.



Having the lock near the opponent's head gives the wrestler a strong lock that is more difficult to break.



Once the lock is established the wrestler drives off his legs scooping the opponent's shoulder with his chest.



As he drives he should also look to lift the opponent's near shoulder up to expose his back.



In most pinning combinations it's important to keep the head up. In this case the wrestler goes into a head post on the center of his forehead.



To gain the fall the wrestler must adjust his weight and drop his hips, creating pressure on the far shoulder.

Wrestlers do not have to be long and lanky to capture an opponent in a cradle. Proper technique and leverage make the difference.