

AAU TECHNIQUE CORNER: KNEE-PULL SINGLE



From the inside-tie position, pull your opponent's elbow in, causing him to most likely pull it back out. As he pulls back, that's when you lower your level for the shot.



Shoot your inside hand to the back of his knee and pull it towards the mat. A common mistake is to let your hand hang there and not pull his leg toward you.



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As you're pulling his knee, your shoulder should go right to the back of his knee while you post your left hand on the mat as quickly as you can.



It's crucial you keep both of your hands posted on the mat and that you keep your left hand way out in front of your body.



Continue to circle behind getting both feet behind his leg, shuffling the foot in between your chest and thigh.



Continue to pinch with your head as you run behind. This gives you options of attacking the ankle or knee. The key is keeping his foot off the mat.



To finish, get to the far ankle or knee and continue to run behind. Stay down around his hip to take away your opponent's ability to whizzer.

Technique by Northern Iowa head coach Doug Schwab, a former Olympian (2008) and NCAA champ (1999) and Brett Robbins. Explanations by Schwab. John Johnson photos.

