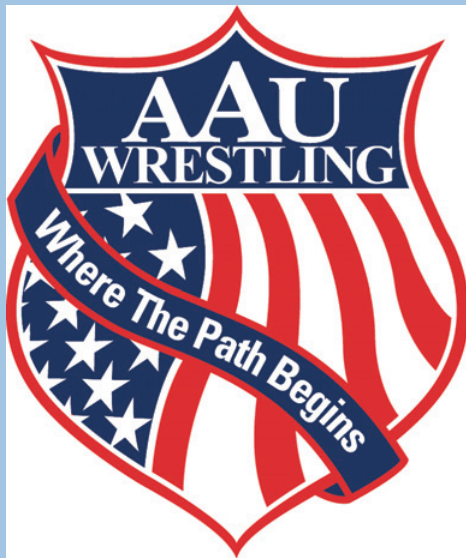


AAU TECHNIQUE CORNER: Lateral Drop



1 Start in an over-and-under position. Note: Get a deep and tight over hook.



2 Step first with your outside leg to begin closing your hips' distance between you and your opponent.



3 Take a deep step with your inside leg and look over your shoulder to the side you will throw to.



4 Throw hard with your under hook and twist with your torso. Pop your hips and throw your opponent to his back.

Technique by OSU assistant Zack Esposito & Bryce Hasseman, former OSU Volunteer Coach, now Mishawaka HS (IN) Coach. Explanations by Esposito. Jeremy Cook photos.



Where The Path Begins

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