

Scoring in Transition

Transition positions are positions right before or right after points are scored. Incorporating transition positions into your drilling helps wrestlers solidify takedowns, takedown opponents to their back, mat returns to near fall points, linking turns to other turns.

Takedowns to Anchors

Anchors to near fall

Near fall to anchors to near fall

Mat Returns to anchors

Mat Returns to near fall

Escapes to a takedown

Hard Cuts to takedowns