

TREVOR HOSKIN'S WRESTLING GAMES FOR CHILDREN



Trevor Hoskins is a British Wrestling Association coach, tutor and assessor. Here are his favourite child-first wrestling games.

“Games! It’s all about games. We play them with children as young as four years old. We then adapt games moving up the age ranges, but they’re still the same games. It is just that the outcome is slightly different.”

Bulldog

“It’s a game they ask for the most...In a class of 20+ children there’s a lot of fun and crawling about, which helps with movement and mobility.”

The rules of the game are the same as the traditional bulldog game but there are two differences. Instead of running all players crawl and instead of tackling the player out the bulldogs have to hug the players middle.

Depending on the size of the group select one, two or more bulldogs who will start in the middle of the room. The rest of the players will be at the other end of the room. The aim of the game for the ‘bulldogs’ is to hug the opponents middle to make them a ‘bulldog’ who joins their team. The aim of the game for the rest of the players is to crawl from one end of the room to the other without being caught by a ‘bulldog’. Set a time limit for the game and you can play a few rounds so the majority of players have a go at being a “bulldog”.

Stuck in the mud

“Another favourite is ‘Stuck in the mud’, which is a tag game, where you have different ways of escaping. It could be crawling between the legs, or it could be picking each other up and putting each other down. It’s a versatile game.”

Divide players up into two teams. One team are the ‘taggers’ and the aim of the game for the ‘taggers’ is to tag as many of the opposing team as they can in a set amount of time. If a player is tagged they must stand still as if ‘stuck in the mud’. To set a player free from the mud a player from the same team must either crawl between their legs or lift them off the ground and place them back down. You can play a few rounds of this game varying the liberation method.