

**User Name:**Mark Smith  
**Coaching Background (level, year exp., etc.):**Youth, Middle School, High School 20 years  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**5 point move off the bottom. PETERSON, from bottom, and from stand-up  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**

* Jog
* Tumbling
* Stance and Motion
* Drill Hip-hiest
* Drill Stand-up Drill

**Approx. Technique/Drilling Time:**30 min  
  
**Technique/Drilling Design:**Peterson Roll Series

* [Peterson Roll Explanation](https://www.kolat.com/peterson-roll-series/peterson-roll-explanation-of-when-to-hit-the-peterson" \t "_blank)
* [Perterson Roll Elbow Jamming](https://www.kolat.com/peterson-roll-series/-elbow-jamming" \t "_blank)
* [Sit and Turn in Peterson](https://www.kolat.com/peterson-roll-series/-sit-out-turn-in-peterson" \t "_blank)
* [Granby to Peterson Roll](https://www.kolat.com/peterson-roll-series/-granby-to-a-peterson" \t "_blank)
* [Standing Peterson Roll](https://www.kolat.com/peterson-roll-series/-standing-peterson" \t "_blank)
* [​Using the hand to post vs not using](https://www.kolat.com/peterson-roll-series/-using-the-hand-to-post-vs-not-using" \t "_blank)

**Approx. Live Wrestling:**30 min  
  
**Live Wrestling Design:**Top and Bottom situation wrestling  
  
**Approx. Conditioning Time:**15 min  
  
**Conditioning Design:**Movement off the bottom

**Total Practice Time Approx. 90 Minutes**

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