

User:  Coach Jake  
  
Set-Ups leading to basic leg attacks  
  
**Warm-Up 20 minutes**

* Jog
* Stretch
* Tumbling

**Technique 40 Minutes**  
  
Snap to double

* Snap to single
* Inside control to double
* Inside control to single
* Collar tie to single
* Collar tie to picks
* Drags to single
* Drags to double
* Russian to single
* Russian to double

**Live Wrestling 30 Minutes**

Takedowns-groups of 3

1 min go's for 6min, Change groups repeat, Last 10 min takedowns win, stay in till lose- loser does 5 burpees

**Conditioning 30 minutes**

* Sprints to stairs to jump rope
* 3 groups change every 3 minutes

**Total Practice Time Approx. 75 Minutes**

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