

**User Name:**beatty142  
**Coaching Background (level, year exp., etc.):**HS Coach  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Session #3 continued: Setups  
  
**Approx. Warm-Up Time:**30 min  
  
**Warm-Up Design:**Insanity Month One  
  
**Approx. Technique/Drilling Time:**60 min  
  
**Technique/Drilling Design:**Partner and 3 partner drilling

* [Set-Ups Tricep Snap](https://www.kolat.com/set-ups1/-set-ups-triceps-snap" \t "_blank)
* [Set-Ups Level Change Go](https://www.kolat.com/set-ups1/-set-ups-level-change-go" \t "_blank)
* [Set-Ups Arm Post](https://www.kolat.com/set-ups1/-set-ups-arm-post" \t "_blank)
* [Set-Ups Head Post](https://www.kolat.com/set-ups1/-set-ups-head-post" \t "_blank)

**Approx. Live Wrestling:**15 min  
  
**Live Wrestling Design:**Shark bait  
  
**Approx. Conditioning Time:**15 min  
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**Conditioning Design:**Cool down and stretch

**Total Practice Time Approx. 90 Minutes**

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