

**Coaching Background (level, year exp., etc.):**High School Varsity, Third year head coach  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
​  
**Session Goal:**Shot Defense to Front Headlock  
  
**Approx. Warm-Up Time:**30 min  
  
**Warm-Up Design:**

* 10- Jog with tumbling and dynamic stretches
* 5- Stretches
* 15- Double leg progression, finish with continuous drilling (partner gets taken down and builds back up to stand up)

**Approx. Technique/Drilling Time:**30 min  
  
**Technique/Drilling Design:**Each drill will be done 2 minutes straight by each wrestler then switch (more time for coaches to get around the room and see technique)

* ​1. Using head and hands to stop double leg
* 2. Securing front headlock and circling elbow to mat
* 3. Front headlock to cradle
* 4. Front headlock and bottom man builds, finish with single

**Approx. Live Wrestling:**10 min  
  
**Live Wrestling Design:**Situational wrestling based on the positions we went over today in practice  
  
**Approx. Conditioning Time:**10 min  
  
**Conditioning Design:**Hill Sprint x 10

**Total Practice Time Approx. 90 Minutes**

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