

​**User Name:  PSalvo**  
**Training Level:**Middle School  
  
**Session Goal:**Warm Up + Stance & Motion (level changes, & shots/penetration steps, Review Double Leg takedowns, add bellying down into a 1/2. Teach Sprawl  
  
**Approx. Warm-Up Time:**10 min  
  
**Warm-Up Design:**

* Jogging, circle in/out, jogging
* Circle up: Jumping Jacks, seal jumps, push ups
* 3 lines: Soldier Kicks, Fwd Lunges, Side Lunges, Spiderman’s, Fwd Rolls, Backwards rolls, penetration steps/shots.

Partner Up against the wall: I'll make 2 Groups = More Matt Space  
  
**Approx. Technique/Drilling Time:**60 min  
  
**Technique/Drilling Design:**  
  
Partner Up against the wall: I'll make 2 Groups = More Matt Space.. "1" or "2"... Reviewing the double leg takedowns, finishing to a pin. Add the bellying down 1/ 1/2 to finish. Teach the Sprawl: 1) Head, Hands, & Hips 2) Sprawl 3) Defend Double Leg: Sprawl Clear and Spin 4) Defend Double Leg: Defend Post Elbow to Mat Spin

* **[Head Hands Hips](https://www.kolat.com/sprawl/-head-hands-hips" \t "_blank)**
* **[Sprawl](https://www.kolat.com/sprawl/-sprawl" \t "_blank)**
* **[Double Leg Sprawl Clear and Spin](https://www.kolat.com/defend-double-leg/defend-double-leg-sprawl-clear-and-spin" \t "_blank)**
* **[Double Leg Defend Post Elbow to Spin](https://www.kolat.com/defend-double-leg/defend-double-leg-defend-post-elbow-to-mat-spin" \t "_blank)**

**Approx. Live Wrestling:**10 min

**Total Practice Time Approx. 90 Minutes**

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