

**User Name:**Kevin  
**Coaching Background (level, year exp., etc.):**20+ years high school. Head Coach 15 years.  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**working initial leg defenses.  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**

* 10 min Jogging
* Tumbling and dynamic warm ups
* 10 min position drilling. Stance motion w/ "Down Block" "sprawl" "circle" "shoot Partner 30 sec 2x Each: Mirror, Scarecrow, Cowboy Sprawl, Head Position, cowboy rides (top and bottom drill: bottom man moves top man follows w/ pressure). Solo Drills: X5 Each: Stand cut, Stand- cut- Shoot, Change over, Change over -Stand-cut-shoot, switch, switch to stand, Sit to shrug, Half switch to sit shrug

**Approx. Technique/Drilling Time:**40 min  
  
**Technique/Drilling Design:**2 min per rotate 2 turns each: (HF= hand fight; DB=Down Block, HH = Hip heist) lower and upper are partner A/b in the chain drill

* Drilling 1. HF: Shot Re Shot (keep head position; absorb, circle, hard re shot)
* 2. HF: Shoot- DOWN BLOCK AND SPIN- TAKE HIPS OUT
* 3: HF: Shot -RE SHOT-DB and spin: HH (no score; just a flurry)
* 4: HF: Shot-DOWN BLOCK TO FRONT HEAD AND SCORE-
* 5: HF: Shot-RE SHOT (get in deep)- hip defense (whizzer, stuff head, gut wraps, or trick/funk)
* 6: Refs positon: Line up opposite side for top bottom: Changer Over to stand and cut shoot and takedown
* 7: Refs Pos: Cowboy Rides to legs in and turn (4 min) Technique: working through all these clips could take some time. Just depends on experience level of kids.
* 8: use Clip 1 and 2: Warm up w/ top man going side to side trying to slide in foot first leg and bottom man block w/ knees. Let this continue about 30 sec; blow the whistle and go to a foot instep block and clear. Combine clip 1 and 2.
* 9. Allow leg in and mule kick defense: Clip 3
* 10: Switching the leg Clip 4.
* 11. knee drop out of power half: Clip 5. It is good to drill this solo as well. We combine this w/ the swim/ tripod but add in the knee drop to tilt hips and slide out.
* 12. Clip six: granby out. We do a variation called free leg. Same motion but more force and the kick and hip heist is done when rolling across shoulders. Usually good for 5 points.

Clips Used in Session:

* [Defending Legs Foot First Attack with Elbow](https://www.kolat.com/defending-legs-series/defending-legs-defending-a-foot-first-attack-with-elbow-movement" \t "_blank)
* [Defending Legs Grab Instep](https://www.kolat.com/defending-legs-series/defending-legs-defending-a-foot-first-attack-grab-instep" \t "_blank)
* [Defending Legs Mule Kick](https://www.kolat.com/defending-legs-series/defending-legs-mule-kick-clear" \t "_blank)
* [Defending Legs Switch Out](http://www.kolat.com/defending-legs-series/defending-legs-switch-out-of-leg-in" \t "_blank)
* [Defending Legs Tripod and Knee Drop Out of Power Half](https://www.kolat.com/defending-legs-series/defending-legs-tripod-up-knee-drop-out-of-power-half" \t "_blank)
* [​Defending Legs Granby Out of Cross Body](https://www.kolat.com/defending-legs-series/defending-legs-granby-out-of-cross-body-ride" \t "_blank)

**Approx. Live Wrestling:**30 min  
  
**Live Wrestling Design:**Groups of 3 or four

* Situation: Head inside single on mat 20 sec
* Situation: Single up whizzer in 20 sec
* Situation: Front Head lock
* Situation: 2 on 1 top and bottom
* Situation: leg in: 1. bottom man in tripod 2. bottom man knees on mat 3. Same as 2 top man has power half 4. leg bottom man sat to hip 20 sec goes of top and bottom refs position

**Approx. Conditioning Time:**5 min  
  
**Conditioning Design:**spin drills. depending on how hard they wrestle.

**Total Practice Time Approx. 90 Minutes**

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