

​**User Name:**Mike  
**Coaching Background (level, year exp., etc.):**High School, 20 years  
**Training Level:**High School  
  
**Session Goal:**Introduction to Double Leg Offence & Defence (majority of wrestlers have 0 years experience)  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**Dynamic Warm

* Tumbling Bridging (tripod and back bridge and switching back and forth)
* Small Circles with change of direction
* Practice Circles with change of direction
* Practice Circles with Partner Chase
* Penetration Steps across the room
* Split steps in one spot
* Split steps lateral
* Stand up Pop Drill
* Weight on & Circle Drill

**Approx. Technique/Drilling Time:**20 min  
  
**Technique/Drilling Design:**13 min Offense - Intro appropriate distance, penetration steps, hand wrap position, finish 7 min Defense - Sprawling technique with two possible finishes to score Rep each aspect of the videos 15 times (experienced guys can do more) putting it all together by the end of each session.  
  
Clips Used:

* [Double Leg Head on Penetration](https://www.kolat.com/double-leg-series/double-leg-head-on-penetration" \t "_blank)
* [Double Leg timing the Reach](https://www.kolat.com/double-leg-series/double-leg-timing-the-reach" \t "_blank)
* [Double Leg Snap to Post](https://www.kolat.com/double-leg-series/double-leg-snap-to-post" \t "_blank)
* [Driving Double Leg with Lift](https://www.kolat.com/double-leg-series/-driving-double-with-lift" \t "_blank)
* [Defend Double Leg Sprawl and Spin](https://www.kolat.com/defend-double-leg/defend-double-leg-sprawl-clear-and-spin" \t "_blank)
* [Defend Double Leg Post Elbow](https://www.kolat.com/defend-double-leg/defend-double-leg-defend-post-elbow-to-mat-spin" \t "_blank)

**Approx. Live Wrestling:**30 min  
  
**Live Wrestling Design:**Two groups 3 min go's x 5 for each group. Takedown focus with only 10 seconds on the ground following a takedown to encourage a quick transition to a ground move.  
  
**Approx. Conditioning Time:**10 min  
  
**Conditioning Design:**5 stations x 30 seconds x 3 rounds

* Squat
* Burpees
* Push ups
* Low Explosion Lunges
* V sit/Sit up
* Combo Mountain Climber

**Total Practice Time Approx. 90 Minutes**

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