

**User:  Kolat**  
  
Session will focus on scoring areas coming out of the NCAA tournament.  Top NCAA set-ups and offensive takedown scoring will be the focus of teaching.  Also will focus drill on the single leg finish.  
  
Warm-Up 40 minutes  
  
Focus once again will be defensive skill work to allow better muscle memory.  We will spend a little more time using the wizzer to make athletes more aware of rules concerning “no” reaction time.

* Foot back to the mat standing
* Heavy foot bump with hips against high-c and pull up on single leg with heavy foot drill
* Square up on sweep single
* Using the wizzer against the single getting opponent up the back.  This session partner should be working for far foot concerning reaction time rule.

Technique 45-55 minutes  
  
Top 4 set-ups from the NCAA tournament incorporated with the following leg attacks:  
  
Set-Ups

* [Level change go shooting through opponents defenses](https://www.kolat.com/set-ups1/-set-ups-level-change-go" \t "_blank)
* [Heavy collar tie](https://www.kolat.com/set-ups1/-set-ups-collar-tie-snap" \t "_blank)
* [Arm post](https://www.kolat.com/set-ups1/-set-ups-arm-post" \t "_blank)
* [Touch & go](https://www.kolat.com/set-ups1/-set-ups-touch-and-go" \t "_blank)

Single Leg

* [Load it up from the mat](https://www.kolat.com/single-leg-series1/-single-leg-on-mat-hand-placement" \t "_blank)
* [Load it up stuck on outside transfer inside](https://www.kolat.com/single-leg-series1/single-leg-trapped-inside-transfer-leg-while-standing" \t "_blank)
* [Pipe finish split for navy](https://www.kolat.com/single-leg-series1/single-leg-running-the-pipe-navy" \t "_blank)
* [Limp arm](https://www.kolat.com/single-leg-series1/single-leg-run-the-corner-limp-arm" \t "_blank)
* [Cut across when opponent sprawls](https://www.kolat.com/single-leg-series1/single-leg-under-opponent-cut-across-double" \t "_blank)

Open Drill  
  
Depending on time left allow athletes open drill time.  
  
**Total Practice Time Approx. 120 Minutes**  
  
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**Total Practice Time Approx. 90 Minutes**

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