

​**User Name:**smgullikson  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Beginner Training  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**Jog Acrobatics (Level Specific) Shot-Walks Bear Crawl Stretch  
  
**Approx. Technique/Drilling Time:**40 min  
  
**Technique/Drilling Design:**

* Stance (Box, Square, Sugar) - Focus on appropriate technique (semi-squat, flat back, head up, arms in front, etc.)
* Stance Movement (Forward, Back, Left/Right) - On coach's whistle with arm direction Stance Movement (Rotational)
* Movement left/right on whistle on training circles Sprawl from stance
* Double whistle constitute sprawl Wrist control/breaking wrist control (focus on in stance)
* Snatch single with scarecrow dummy - Focus on proper stance, penetration step and "finding the corner"

**Approx. Live Wrestling:**20 min  
  
**Live Wrestling Design:**Controlled Live (Partners should be 50-70% attacking/0% defending Snatch single with scarecrow dummy - Focus on proper stance, penetration step and "finding the corner" Snatch single defense with sprawl/down block (30% attacker/50-60% defender) - Defender focus on moving opponent head and targeted leg away - Defender focus on sprawl/down block choice - Shooter focus on proper technique and rotate up and out of defense  
  
**Approx. Conditioning Time:**30 min  
  
**Conditioning Design:**Coach's Choice

**Total Practice Time Approx. 90 Minutes**

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