

​**User Name:**chinn  
**Wrestling Style:**Collegiate  
  
**Session Goal:**4 - 6 point moves taking bonus when it shows up; don't force it.  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**

* **Dodge ball**
* **Short O.Y.O. Drill**

**Approx. Technique/Drilling Time:  20 min**  
  
**Technique/Drilling Design:  3 man groups - in for 6 min with new guy rotating in after every score (perfect reps)**

* Double Leg to Turk
* Defend Double:  pull up to Inside Trip or Headlock
* Fireman’s or Swing Single Leg to Dump
* Force Opponent to take a bad shot cement job

**Approx. Live Wrestling:  30** min  
  
**Live Wrestling Design:  3 man groups - new guy in every minute**

* **7 min go for each man in the middle (match go)**
* 4 min go on top for man in the middle, every :30 sec new guy in

**Approx. Conditioning Time:  8** min  
  
**Conditioning Design:**Stadium run mixed with sprints, jumps, etc.

**Total Practice Time Approx. 90 Minutes**

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