

​ **User Name:**bdmosley  
**Coaching Background (level, year exp., etc.):**High School, 2008  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**emphasize technique on top and bottom, work stand ups and sits  
  
**Approx. Warm-Up Time:**10 min  
  
**Warm-Up Design:**

* Dynamic movement
* Forward rolls
* Doubles
* Sweep singles
* Jump squats
* Toe the lines where we jump a line for 30 or more seconds
* Partner duck unders and high crotches
* Mat drills for directions and work feet movement

**Approx. Technique/Drilling Time:**20 min  
  
**Technique/Drilling Design:**Stand ups, fastest first move with outside stand up and getting near arm away, man on top is looking to stop the ankle or chop the arm, then we do the same with the sit out  
  
**Approx. Live Wrestling:**15 min  
  
**Live Wrestling Design:**Shark bait, groups of three A,B,C- we rotate every minute odd man out gets a minute break, we start in neutral and go to the take down, one take down is preformed we reset. emphasize sweep single, toe pick, run the pipe and inside trip  
  
**Approx. Conditioning Time:**30 min  
  
**Conditioning Design:**Insanity or power band runs

**Total Practice Time Approx. 90 Minutes**

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