

​**User:  KOLAT  
  
​1-1.5 hr Training Session:**  Warm-up will focus on bottom defense and basic skill positions allowing us to create space and earn our 1-point escape.  The technical side will be defending legs with some simple foot fighting positions.  Live wrestling will be sprint based with strategic go’s placed into duration bouts.  
  
  
**Warm-up 30 minutes**  
  
We will warm-up with drilling to start session.  Once everyone is loose drilling should take on a high pace to get reps accomplished.  
    •    Jog 5 min  
    •    Stand & cut 10 reps (each man)  
    •    [Hip heist](http://www.kolat.com/first-move-drills/-hip-heist-with-partner" \t "_blank) 10 reps (each man)   
    •    [Defend foot first attack](http://www.kolat.com/defending-legs-drill/-foot-first-attack-grab-instep" \t "_blank) 1.5 (each man)  
    •    [Defend knee first attack](http://www.kolat.com/defending-legs-drill/-defending-knee-with-elbow" \t "_blank) 1.5 (each man)   
    •    Foot fight 1.5 (each man)  
    •    [Tripod Roll Through](http://www.kolat.com/leg-defense-series/defending-legs-tripod-roll-through-leg-defense" \t "_blank) 1.5 (each man)  
    •    Granby out of power half 1.5 (each man)  
  
**Live Wrestling**  
  
Duration go’s but designed to be controlled by coach to keep high pace sprint actions in the wrestling.  Change actions to best fit your team and it’s current performance.  
  
Go #1:  Have 3 partners ready to train each go will be 3 minutes immediately going to next partner after 3 minute go.  Cycle to be completed 3x’s:  
    •    1 min feet (no turn in :20 sec. cut him)  
    •    :30 sec each man down (get out keep wrestling)  
    •    1 min feet (no turn in :20 sec. cut him)  
   
Go #2:  7 min bout but coach will change strategy or positions during bout.  Break between sprints is coach’s discretion below are examples change based on your team and performance:  
    •    :45 sec feet score 0-0  
    •    Break  
    •    :15 sec referee position top up by 1 (each man)  
    •    Break  
    •    :30 sec feet score 0-0  
    •    Break  
    •    :20 sec in on your best shot 0-0 (each man)  
    •    Break  
    •    1 min feet score 0-0  
    •    Break  
    •    :15 sec referee position bottom up by 1 (each man)  
    •    Break  
    •    :30 sec feet down by 1 (each man)  
    •    Break  
    •    :20 sec in on your best shot 0-0 (each man)  
    •    Break  
    •    :30 sec bottom down by 1 (each man)  
    •    Break  
    •    :25 sec feet time remaining get the last takedown!  
   
**Conditioning 3 minutes**  
  
3 min go’s line drill to get feet moving when tired.  Put leader in front for minute and team must stay in stance and follow him.  Break for :30 sec between each 1-minute go.

**Total Practice Time Approx. 90 Minutes**

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