

**User Name:**yscombat  
**Coaching Background (level, year exp., etc.):**Youth/HS wrestling club coach Head Coach/President Yuba Sutter Combat 15 years coaching exp  
**Training Level:**Youth  
**Wrestling Style:**Collegiate  
**Session Goal:**Bottom/Top Basics  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**  
     A. Jog  
     B. Shuffle inside/out swinging arms  
     C. High knees forward and back 20sec go's  
     D. Rolls  
          1. Forward in stance, roll up to feet in stance  
          2. Backward Rolls, start and roll to stance  
          3. Forward Roll to a backward roll  
          4. Superman dive rolls up to feet  
     E. Cartwheels both sides  
     F. Wheelbarrow with partner  
     G. Walk on hands  
     H. Front Head Springs  
     I. Front hand springs  
     J. Bear Crawls  
          1. Forward then back  
          2. Bear crawl circles  
     K. Shin Runs  
          1. On hands and knees head up whole way X2  
          2. Just shins, pumping arms running across mat X2  
  
Big Circle: Everything is an 8 count then opposite direction for another 8 count  
     Hips rolls  
     Knee rolls  
     Shoulder and arm rolls  
     Neck rolls  
     Wrist rolls  
     On butt hold your foot ankle rolls each side  
     Front Bridge off knees neck rolls: Forehead, top of head, right ear, left ear to the mat  
     2 min Back Bridge hips to ceiling roll from nose to back  
     2 min Tick Tocks with head on the mat front bridge to back bridge  
     1 min Walk feet around head hip twists keeping head in same position  
     1 min Gymnastic Kickovers  
     X10 Wall walks X10  
  
**Approx. Technique/Drilling Time:**60 min  
  
**Technique/Drilling Design:**  
  
INDIVIDUAL:

* Hip Heists (Focus on explosion and clearing hips away from opponent)
* 2 min Sit out and follow near side
* 2 min Sit and follow Far Side
* 2 min Sit and Follow Far and Near side
* 2 min Switch
* 2 min Elbow pinch stand up
* 2 min Slip arm Standup
* 2 min Tri-pod Stand up
* 2 min (have them kneeslide for last min)
* Tri-pod-kneeslide-standup

W/Partner:

* Hip Heists (Focus on explosion and clearing hips away from opponent)
* 2 min Sit out and turn in (top man follows)
* 2 min Switch
* 2 min Reverse
* Engineerd Stanup: Partner is behind you with hands locked Sit in chair Hands to back pocket Cut & Turn to stance Re-Shot Other man goes
* 2 min Now start from referee position: (Cut, Turn, Re-shot everytime so other guy can go as well) Elbow pinch stand up
* 2 min Slip arm Standup
* 2 min Tri-pod Stand up
* 2 min (have them kneeslide for last min) Tri-pod-kneeslide-standup

Clips Used:

* [Sit Follow Drill](https://www.kolat.com/riding-drills/-sit-follow-drill" \t "_blank)
* [Explanation of Following Far Side](https://www.kolat.com/riding-drills/-explanation-of-following-far-side" \t "_blank)
* [Sit Follow Near and Far Side](https://www.kolat.com/riding-drills/-sit-follow-near-and-far-side" \t "_blank)
* [Exploding Switch](https://www.kolat.com/sit--switch-series/-exploding-switch" \t "_blank)
* [Hip Heist on the Mat](https://www.kolat.com/first-move-drills/-hip-heist-on-the-mat" \t "_blank)
* [Stand-Up Series](https://www.kolat.com/stand-up-series1" \t "_blank)

**Approx. Live Wrestling:**25 min  
  
**Live Wrestling Design:**

* 20-30 sec go's from top & bottom Each guy goes in top and bottom then switch partners 10 min
* 1 min go's from top and bottom Each guy goes in top and bottom then switch partners 10 min
* Top Bottom tourney in groups of 6-10 3-5 matches going on at once 20-30 sec go's If top guy rides him out he wins, bottom guy has to score. You can also reverse it to where the top man has to score. WInner moves up to the next circle. Loser (learner) stays in the circle. If he is in the championship circle he moves back to the first circle

**Approx. Conditioning Time:**15 min  
  
**Conditioning Design:**You can go until you see them start to break

* 25 pull-ups
* 50 GOOD pushups
* Individual spin drills with head up hips in switching directions on the whistle 20-30 sec go's

**Total Practice Time Approx. 90 Minutes**

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