

**User Name:**Uticawrestling  
**Coaching Background (level, year exp., etc.):**12 years high school  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
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**Session Goal:**Focus on building up shots and correct short Offense position  
  
**Approx. Warm-Up Time:**30 min  
  
**Warm-Up Design:**

* 8 back arches on wall
* 10 stand ups on wall
* stance and motion
* Shot build up drills:  Standing double lift, pull double in drill, single leg build up, high crotch build up

**Approx. Technique/Drilling Time:**60 min  
  
**Technique/Drilling Design:**Review and teach Short Offense positioning Hard Drill Neutral: high crotch and sweep singles call out set ups: elbow bind, arm drag, bang and go, under hook, baseball grip. Snap into short O  
  
Clips Used:

* [Pulling Double Leg in Conditioning Drill](https://www.kolat.com/shot-build-up-drills/-pulling-the-double-leg-in-conditioning-drill" \t "_blank)
* [Double Leg Change your Head Position Drill](https://www.kolat.com/shot-build-up-drills/-standing-double-leg-change-your-head-position-lift-drill" \t "_blank)
* [Single Leg Build up on Whistle Drill](https://www.kolat.com/shot-build-up-drills/-single-leg-build-up-on-whistle" \t "_blank)
* [Extended on High Crotch Build Up](https://www.kolat.com/shot-build-up-drills/-high-crotch-extended-build-and-change-on-whistle" \t "_blank)
* [Front Headlock Motion Rule](https://www.kolat.com/front-headlock-on-mat-finish/front-headlock-mat-finish-motion-rule-once-we-hit-mat" \t "_blank)
* [​Front Headlock Mat Finish Hand Placement](https://www.kolat.com/front-headlock-on-mat-finish/front-headlock-mat-finish-hand-placement" \t "_blank)

**Approx. Live Wrestling:**15 min  
  
**Live Wrestling Design:**wrestle from short offense (front headlock) position  
  
**Approx. Conditioning Time:**15 min  
  
**Conditioning Design:**room sprints/ calisthenics

**Total Practice Time Approx. 90 Minutes**

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