

**User Name:**KOLAT  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Moving the head and hands with collar tie snaps to set attacks. Clearing and regaining the tie from the collar to get offense going. Finish drill with shooting through the front headlock.  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**

* Jog followed
* High rep Tumbling

**Approx. Technique/Drilling Time:**40 min  
  
**Technique/Drilling Design:**Drilling will be done in groups of 3 today:

* Going into the collar tie to pass
* Going into the collar tie and snapping
* Moving between left and right collar tie to opening
* Moving opponent with collar tie to opening
* Recovering and clearing out of missed attacks against front head lock

**Approx. Live Wrestling:  25** min  
  
**Live Wrestling Design:**2 groups wrestling 2 matches  
  
**Approx. Conditioning Time:**20 min  
  
**Conditioning Design:**1.5 mile sprints on track (if track is not available then arena concourse with body weight lifts added)

**Total Practice Time Approx. 90 Minutes**

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