

**User Name:**tullahomawrestling  
**Coaching Background (level, year exp., etc.):**High School  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Collar Ties, Set-ups, High Crotch  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**

* 1 min- Recover to Stance on Whistle Drill
* Reacting to Partners Fake Drill
* Head Position No Hands Drill
* Re-shot Drill No Hands
* Extended on double leg whistle start
* Pulling the Double leg in conditioning drill

**Approx. Technique/Drilling Time:**40 min  
  
**Technique/Drilling Design:**Getting High Crotch with Collar Tie, Set-Ups

* ​[Collar tie Post](http://www.kolat.com/set-ups/-collar-tie-post" \t "_blank)
* [Chop Chop Post](http://www.kolat.com/set-ups/-chop-chop-post" \t "_blank)
* [Collar Tie Circel Set-Up](http://www.kolat.com/high-crotch-finishing-high-series/high-crotch-collar-tie-circle-set-up" \t "_blank)
* [High Crotch 6 to 7 Steps When Driving](http://www.kolat.com/high-crotch-finishing-high-series/high-crotch-6-or-7-steps-when-driving" \t "_blank)
* [High Crotch:  Collar tie circle change off](http://www.kolat.com/high-crotch-finishing-high-series/high-crotch-collar-tie-circle-change-off" \t "_blank)
* [High Crotch:  Collar tie change of to Turk](http://www.kolat.com/high-crotch-finishing-high-series/high-crotch-collar-tie-circle-change-to-turk" \t "_blank)

**Approx. Live Wrestling:**10 min  
  
**Live Wrestling Design:**

* 3x #1 Starts with Hi-C on mat (No Change Over)
* :30 #2 Starts with Hi-C on Mat (No Change Over)
* :30 #1 Hi-C and Has Changed over
* :30 #2 Hi-C and Has Changed Over :30

**Approx. Conditioning Time:**10 min  
  
**Conditioning Design:**Jogging  
  
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**Total Practice Time Approx. 90 Minutes**

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