

**User Name:**Jonathan Lee  
**Coaching Background (level, year exp., etc.):  HS Coach former College Wrestler**  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Conditioning, skill building, drilling, and improving wrestling  
  
**Approx. Warm-Up Time:**20 min  
**Warm-Up Design:**

* Jogging
* Forward rolls
* Gables 35, 25, 15, 10, 5
* Stretching

**Approx. Technique/Drilling Time:**30 min  
  
**Technique/Drilling Design:**Ankle Pick, drill 10 minutes, ankle pick to double, drill 10 minutes, outside stand up and drill for 10 minutes  
(Note:  Clip links are not KOLAT.COM clip links)  
  
**​Clip 1 Used in Teaching URL**[https://m.youtube.com/watch?v=MpBTFoHLsEM](https://m.youtube.com/watch?v=MpBTFoHLsEM" \t "_blank)  
**Clip 2 Used in Teaching URL**[https://m.youtube.com/watch?v=-tq00KliejA](https://m.youtube.com/watch?v=-tq00KliejA" \t "_blank)  
**Clip 3 Used in Teaching URL**[https://m.youtube.com/watch?v=VQH31oLfY4g](https://m.youtube.com/watch?v=VQH31oLfY4g" \t "_blank)  
**Clip 4 Used in Teaching URL**[https://m.youtube.com/watch?v=JwbjzoXYxjY](https://m.youtube.com/watch?v=JwbjzoXYxjY" \t "_blank)  
  
**Approx. Live Wrestling:**20 min  
  
**Live Wrestling Design:**Groups of three 1 minute live on feet (2 in one out) for 10 minutes, top bottom out for 10 minutes  
  
**Approx. Conditioning Time:**25 min  
  
**Conditioning Design:**

* Gables 25, 15, 10, 5
* Monkey roles for 5 min
* Leap frog for 5 min
* Mat sprints 5 minutes

**Total Practice Time Approx. 90 Minutes**

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