

**User Name:**sda4vols  
**Coaching Background (level, year exp., etc.):**9 years exp in youth and MS coaching.  
**Training Level:**Middle School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Shared practice room for most of the practice and do not have much room or time to live wrestle so will work drills longer to correct problems from last match.  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**Warm up jog. Stretch Stance in motion - always  
  
**Approx. Technique/Drilling Time:**50 min  
  
**Technique/Drilling Design:**Teaching young wrestlers to keep moving on the mat in all situations.

* [Spin Drill Offense](https://www.kolat.com/position-focus/-wrestling-drills-spin-drill-offense" \t "_blank)
* [Spin Drill Offense and Defense](https://www.kolat.com/position-focus/-wrestling-drills-spin-drill-offense-and-defense-focus" \t "_blank)
* [Spin Drill to Cradle](https://www.kolat.com/position-focus/-wrestling-drills-spin-drill-to-cradle" \t "_blank)
* [No Hands Block Shot](https://www.kolat.com/position-focus/-wrestling-drills-no-hands-block-shot" \t "_blank)
* ​[Build up against Basic Takedown](https://www.kolat.com/position-focus/-wrestling-drills-build-up-drill-against-basic-takedowns" \t "_blank)s

**Approx. Live Wrestling:**10 min  
  
**Live Wrestling Design:**Situational live wrestling from positions that we drilled from today.  
  
**Approx. Conditioning Time:**10 min  
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**Conditioning Design:**3 stations. One upper body, one lower body, and one cardio. Group at each station exercises for app 1 minute till coach blows whistle for them to run to next station. Continues with coaches changing exercise after everyone goes through once.

**Total Practice Time Approx. 90 Minutes**

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