

**User Name:**PHS\_Wrestling  
**Coaching Background (level, year exp., etc.):**HS 8-yr varsity head coach, collegiate all-american  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
​  
**Session Goal:**Early Season Underhooks  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**

* Jogging
* Tumbling
* Arm Circles
* Partner arm stretches
* Neck bridges
* Stretching
* 3 basic shots, 5 each, both sides

**Approx. Technique/Drilling Time:**60 min  
  
**Technique/Drilling Design:**how to get to, attacks, finishes

* Lineman Drill, snap, uppercut to UNDERHOOK
* Fake, snap, uppercut to UNDERHOOK
  + Hi-Crotch (opponent has near leg lead)
  + Far Knee Blast (opponent has far leg lead) 3.
* Snap to Front Headlock w/ hook (opponent has nose over toes)
  + Cowboy Quick Flip
  + Release hook on the way down
  + Front Headlock Series

**Clips Used:**

* [Getting into a Hook](https://www.kolat.com/underhook-series1/-getting-into-a-hook" \t "_blank)
* [Handfighting Using the Fake to bring head down](https://www.kolat.com/handfighting-series/handfighting-using-the-fake-to-bring-head-down" \t "_blank)
* [Underhook High Crotch](https://www.kolat.com/underhook-series1/-underhook-high-crotch" \t "_blank)
* [Underhook Knee Pick](https://www.kolat.com/underhook-series2/-underhook-knee-pick" \t "_blank)
* [Front Headlock Mat Finish Underhook Capture](https://www.kolat.com/front-headlock-on-mat-finish/front-headlock-mat-finish-underhook-capture" \t "_blank)
* [​Front Headlock Cement Job](https://www.kolat.com/front-headlock/front-headlock-cement-job" \t "_blank)

**Approx. Live Wrestling:**20 min  
  
**Live Wrestling Design:**30 seconds go's, situations, or match  
  
**Approx. Conditioning Time:**10 min  
  
**Conditioning Design:**Circuit  
  
**Total Practice Time Approx. 90 Minutes**

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