

​**For PDF version [click here](https://docs.google.com/file/d/0B9qPziQEDiIBcWhiYkZjRzF5RlU/edit?usp=sharing" \t "_blank)**  
  
**(Training plans are posted with videos to follow.  If the video typically is not linked to the training plan within 1-2 weeks after the posting date then possibly on that day it was not filmed.)**  
  
**Training Session:  Finding the Turn From the Takedown**  
  
Goal is to find common near fall positions from basic and not so basic takedowns.  Following the drill athletes will be O.Y.O. (on your own) to drill whatever they like or wrestle live go’s.  
  
**Warm-Up 20 minutes**  
  
Warm-up will be O.Y.O.  
  
**Technique 40 Minutes**  
  
This drill you should push yourself to your limits but only if the technique remains sharp.

* [High-C and Double Leg to Turk](http://kolat.com/video-library/C/1-cary-kolat/450-finding-the-turn-from-the-takedown/5129-high-c-and-double-leg-to-turk" \t "_blank)
* [Miss the Turk find figure four](http://kolat.com/video-library/C/1-cary-kolat/450-finding-the-turn-from-the-takedown/5130-miss-the-turk-find-figure-four" \t "_blank)
* [Single Leg to the corner find nearside cradle once takedown is secured](http://kolat.com/video-library/C/1-cary-kolat/450-finding-the-turn-from-the-takedown/5131-single-leg-to-the-corner-find-nearside-cradle" \t "_blank)
* [Snap and spin to cradle](http://kolat.com/video-library/C/1-cary-kolat/450-finding-the-turn-from-the-takedown/5132-snap-and-spin-to-cradle" \t "_blank)
* [Down block shot spin to cradle](http://kolat.com/video-library/C/1-cary-kolat/450-finding-the-turn-from-the-takedown/5133-down-block-shot-spin-to-cradle" \t "_blank)
* [High-C crackdown swim to cradle when opponents head drapes](http://kolat.com/video-library/C/1-cary-kolat/450-finding-the-turn-from-the-takedown/5134-high-c-crackdown-swim-to-cradle)

**O.Y.O Drilling 20 minutes**  
  
What you need to feel good, areas you want to work!  
  
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**Total Practice Time Approx. 90 Minutes**

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