

**User Name:**[shawnnoh](mailto:shawnnoh@hotmail.com" \t "_blank)  
**Coaching Background (level, year exp., etc.):**4 years of middle school, 1 year of high school  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
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**Session Goal:**fireman's and arm drag series  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**

* Forward rolls to feet
* Backward rolls to feet
* Forward to backward rolls
* Small Hops Big Hops
* Walking on Hands
* Knee walking to knee sprinting
* Kicks to side
* Kicks straight in front
* Back Kicks Lounge to the left, turn knee out Lounge to the right, turn knee out
* Rolling out neck
* Rolling out hips
* Rolling out knees
* Rolling out ankles and wrist windmills
* Around the worlds
* Stance and motion to full sprawl stance and motion to knee sprawl re-attack

**Approx. Technique/Drilling Time:**30 min  
  
**Technique/Drilling Design:**demonstrate move, breakdown steps, practice move slow at first, gradual increase of drilling speed to near match speed  
  
Clips Used:  
  
​Fireman's Cary

* [Head on Penetration](https://www.kolat.com/firemans-carry-series/firemans-carry-head-on-penetration" \t "_blank)
* [Sweep Penetration](https://www.kolat.com/firemans-carry-series/firemans-carry-sweep-penetration" \t "_blank)
* [Cross Step Penetration](https://www.kolat.com/firemans-carry-series/firemans-carry-cross-step-penetration" \t "_blank)

Arm Drag

* [Explanation](https://www.kolat.com/arm-drag/-explanation-of-arm-drag" \t "_blank)
* [Chase the Waist](https://www.kolat.com/arm-drag/-opponent-post-rolling-arm-drag-chase-the-waist" \t "_blank)
* [Chase the Single Leg](https://www.kolat.com/arm-drag/-opponent-post-rolling-arm-drag-chase-single-leg" \t "_blank)

**Approx. Live Wrestling:**30 min  
  
**Live Wrestling Design:**3x 9 min. matches with different partners  
  
**Approx. Conditioning Time:**10 min  
  
**Conditioning Design:**

* Running (sprints, suicides, etc)
* Sprawls and shooting combinations
* Carry’s (piggy back, belly to back, etc.)
* Buddy on back squats
* Abdominal drills
* Push-ups and sit-ups

**Total Practice Time Approx. 90 Minutes**

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