

**User Name:**jduram  
  
**Coaching Background (level, year exp., etc.):**High School  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
​  
**Session Goal:**Front Headlock  
  
**Approx. Warm-Up Time:**10 min  
  
**Warm-Up Design:**B Wrestling Warm-up Routine  
  
​Practice Jog in Mat Circle

1. Jog (2 laps)
2. Active stance– ½ lap (hand blocking, setups)
3. Jog– 1 lap
4. Active stance– ½ lap (hand blocking, setups)
5. Jog– 1 lap 20 Pushups - together 20 crunches - together Neck Bridges: Forehead, back of head, ears

Dynamic w-up

1. Knee Tucks- ½ mat length
2. Hip open- ½ mat length
3. Over the fence/under the fence- ½ mat length & switch
4. Backward lunge step- ½ mat length
5. Lunge rotation- ½ mat length
6. Lunge extension (reach for sky)- ½ mat length
7. Russian kicks- ½ mat length Lines (for following progressions)

Attack Steps – duck walk Power Shot Circle and Shoot Knee Slide across mat Sprawl Front & Back Rolls Cartwheels Half Step Drill Partner up for Spin Drill  
  
**Approx. Technique/Drilling Time:**40 min  
  
**Technique/Drilling Design:**Call out Period 10 min: Coach calls out tie-up positions and athletes must hit their preferred takedowns from each tie-up:

* Collar Tie Meathook
* Collar Tie Wrist
* Underhook
* Overhook
* Double Underhook

Front Headlock Feet:

* Russian 2 on 1
* Single Wrist
* Double Wrists
* No-tie (tap and go or post and go series)

Technique Period 30 min  
  
Clips Used:

* [Front Headlock Collar Tie Capture](https://www.kolat.com/front-headlock-on-mat-finish/front-headlock-mat-finish-collar-tie-capture" \t "_blank)
* [Front Headlock Mat Finish Collar Tie Wrist](https://www.kolat.com/front-headlock-on-mat-finish/front-headlock-mat-finish-collar-tie-wrist-capture" \t "_blank)
* [Front Headlock Motion Rule](https://www.kolat.com/front-headlock-on-mat-finish/front-headlock-mat-finish-motion-rule-once-we-hit-mat" \t "_blank)
* [Front Headlock Pull Block Spin](https://www.kolat.com/front-headlock-on-mat-finish/front-headlock-mat-finish-pull-block-spin" \t "_blank)
* [Front Headlock Shuck](https://www.kolat.com/front-headlock-on-mat-finish/front-headlock-mat-finish-shuck-opponent-with-chin-hand" \t "_blank)
* [Front Headlock to Nearside Cradle](https://www.kolat.com/front-headlock-on-mat-finish/front-headlock-mat-finish-lock-hands-under-armpit-to-nearside-cradle" \t "_blank)

**Approx. Live Wrestling:** 40 min  
  
**Live Wrestling Design:**Live drilling situations: all 20 second go. A hits position first, then B will go the next 20 seconds. Live once in position:

1. A/B Swing Single leg live on finish
2. A/B: Single in air, opponent has whizzer and beating on head
3. A/B: Snapdown - Front Headlock: head in hole live
4. A/B top/Bottom: must hit hip heist
5. Ab/B: 1 leg in
6. A/B: 2 Legs in
7. A/B: base with half on neck
8. A/B: Wing and bar arm
9. A/B: Wing and tight waist
10. A/B: Wing and tight waist from sit out
11. A/B: 1 leg in
12. A/B has 2 on 1 belly

A/B has 1 wrist on feet -Easy-in, hard-out:

1. Single hi from meathook/collar tie-whizzer (x2) score: down by 1, down by 2, down by 5
2. Top, bottom, feet, -A/B top/Bottom -Easy-in, hard-out: Swing single whizzer (x2)
3. A/B top/Bottom – bottom man sat-out
4. A/B top/bottom – live once bottom has stood up
5. A/B:on knees with underhook (1 or 2)
6. Front-headlock: must start running head in hole (cradle, go behind, shuck)
7. A/B top/bottom – live once bottom has stood up
8. A/B top/Bottom – bottom man satout
9. A/B has Meathooks
10. A/B: Russian 2on1
11. A/B: Underhook and overhook
12. A/B: double underhook -Easy-in, hard-out: Swing single whizzer (x2)
13. A/B top/Bottom -Easy-in, hard-out: Single, once locked = live
14. A/B: live -Easy-in, hard-out: single hi leg between his legs (x2)
15. A/B: ¼ nelson
16. A/B: Snapdown - Front Headlock: head in hole live
17. A/B has inside collar tie/wrist
18. A/B: Bundle
19. A/B has Overhook vs. underhook
20. A/B top/Bottom: must stand up
21. True live: Little weights go for 30 seconds while Big rest, then Big go for 30 seconds while Little’s Rest. 15 minutes.

**Approx. Conditioning Time:**10 min  
  
**Conditioning Design:**10 minute jog around indoor track or wrestling room. Every 2 minutes wrestlers must hit 10 pushups, 10 sit-ups, 10 pull-ups then keep running.

**Total Practice Time Approx. 90 Minutes**

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