

​ **User Name:**Coatesville Red Raiders  
**Coaching Background (level, year exp., etc.):**6 yrs Youth Level, 2 yrs Middle School, 2 yrs High School  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Conditioning with focus on wrestling from neutral  
  
**Approx. Warm-Up Time:**30 min  
  
**Warm-Up Design:**

* 15 minute run
* 5-10 minutes static stretching
* 5 minutes tumbling

**Approx. Technique/Drilling Time:**30 min  
  
**Technique/Drilling Design:**

* 10 minutes drill top 3 takedowns
* 10 minutes drill tilts and turns
* 10 minutes drill chain wrestling from bottom

Clips Used:

* [Stance Motion Series](https://www.kolat.com/stance--motion-series" \t "_blank)
* [Single Leg Series](https://www.kolat.com/single-leg-series1" \t "_blank)

**Approx. Live Wrestling:**40 min  
  
**Live Wrestling Design:**Groups of 3 or 4. Man who gets the takedown stays in. Man who gets taken down runs 1 sprint (we use the hallway outside the room). New man comes in and repeat the process. We run a continuous clock for a set time. Beginning of the season we will break it up into 6-8 minute intervals. During peak season we should be able to go as long as 18 minutes. A typical middle of the season practice would consist of a 12 minute-8 minute-4 minute hit scheme. We then wrestle on top. We rotate top to bottom to out. Hits are 30 seconds to emphasize intensity. They start and stop on a whistle with only 5 seconds to get set after each hit. This usually runs 12-15 minutes, giving each man 8 to 10 attempts at both top and bottom.  
  
**Approx. Conditioning Time:**15 min  
  
**Conditioning Design:**Hand Fight for 2 minutes, hitting a sprawl on each whistle 1 minute of burpees 10 hallway sprints with 10 pushups (done as a team, start with body on the ground and count up1, up2 stopping at the top until everyone on the team is up. At bottom entire body should be on the ground, feet to chin 1 minute of burpees 2 minutes hand fight with a sprawl on each whistle

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**Total Practice Time Approx. 90 Minutes**

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