

**User Name:**yscombat  
**Coaching Background (level, year exp., etc.):**youth HS  
**Training Level:**Youth  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Half Nelson Series  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**Bottom position:

* Hip Heists off wall to feet 10 each side
* Stand ups off wall
* Hip heist to feet (Clear arm with elbow pinch and slip arm) 10 each side
* Hip Heists in circle 10 each side
* 20 Stand ups cut, turn, reshot
* Hip heist with partner 10 each side
* Stand up with partner, elbow pinch and slip arm clears, cut, turn, re-shot then other guy goes, 10 each side

**Approx. Technique/Drilling Time:**40 min  
  
**Technique/Drilling Design:**  
     A. tight waist ankle breakdown to power half  
     B. T.W. ankle to far wrist & half  
     C. T.W. Half to wrist  
     D. T.W. Half Swing (you can also use the swing when controlling the far wrist  
     E. Defense to the Half nelson  
          1. From belly: Turn away from half, elbow pinch to hand control  
          2. Get to base hip heist away/get to stand up  
  
**Clips Used:**

* **[Ankle Breakdown Proper Drive](https://www.kolat.com/breakdowns/-ankle-breakdown-proper-drive" \t "_blank)**
* **[Half Nelson Opponent Flat](https://www.kolat.com/wrist--half-nelson/wrist-half-nelson-opponent-flat-heavy-drive" \t "_blank)**
* **[Half Nelson go back to wrist tight waist](https://www.kolat.com/tight-waist--half-nelson/wrist-half-nelson-go-back-to-wrist-from-tight-waist-and-half" \t "_blank)**
* **[Controlling the Hips use knee to swing](https://www.kolat.com/tight-waist--half-nelson/wrist-half-nelson-controlling-the-hips-with-tight-waist-use-knee-to-swing" \t "_blank)**

**Approx. Live Wrestling:**15 min  
  
**Live Wrestling Design:**1. Basic top bottom whistle starts 2 each 30 sec go's   
     2. Top man starts T.W. ankle 2 each 30 sec go's   
     3. Top man starts with T.W. half (from base) 2 each 30 sec go's   
     4. Top man starts with far wrist and half 2 each 30 sec go's   
     5. Bottom man on belly, top man starts with half 2 each 30 sec go's   
     6. Bottom man on belly, top man starts with far wrist and half, 2 each 30 sec go's  
  
**Approx. Conditioning Time:**10 min  
  
**Conditioning Design:**Do this for 6 minutes then finish with sprints

* Hand fighting to whistle takedowns Bottom man fights up to stand up Top man lifts and returns, bottom man fights back to feet cuts away to stance now his turn to takedown on whistle

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