

​**User Name:**finish strong  
**Coaching Background (level, year exp., etc.):**High School 20 years  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal**Practice #1: Intro to fundamentals from three positions; introduce/drill at least one move from each position. Prepare team to host and conduct our Youth Wrestling Clinic on Saturday.  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**Basic Total Body Warmup:

1. Jog: 3-4 minutes
2. Side Shuffle Jumping Jack (both directions): 30 seconds each side
3. Backward run :30
4. Grapevine (Carioca) (both directions) :30 seconds each side
5. Forward skip :30
6. Side Shuffle (both directions) :30 seconds each side
7. Back skip :30
8. Side skip (both directions) :30 seconds each side
9. Touch heels/butt kickers :30
10. High Knees :30
11. Forward rolls :30
12. Backward rolls :30
13. Cartwheels :30
14. Walking knee hugs :30
15. Walking lunges :30
16. Straight leg kick walk (touch opposite foot) :30
17. Hamstring toe walk (opposite hand to toe) :30
18. Side lunge (both sides) :30
19. Inchworm forward (walk feet to hands and repeat 4 times)
20. Inchworm backward (walk hands to feet and repeat 4 times)
21. Torso rolls in place (roll out the hips) :30 sec
22. Alternating toe touches in place (15 reps each side)
23. Huggers: 30
24. Steam engines :30
25. Supermans (low back extension – arms and legs up): 30 seconds
26. Four-direction neck exercises

**Approx. Technique/Drilling Time:**40 min  
  
**Technique/Drilling Design:**  
  
NEUTRAL Position=stance; motion; penetration Set ups(Review - with Kolat Video 3 lines of defense (head, hands, hips) Double leg (pop-n-go; freeze fake), 20 x Defense to double to post spin behind (pressure head down) Sumo (:30sec), stay low; on toes, head up 10 minutes - On timer TOP (eliminate space; pressure into man; win whistle; dominate) Breakdowns (TW/Ankle; Arm chop/TW; Spiral) Half nelson / Half nelson across the knee BOTTOM (create space; pressure back; hand control; motion; refuse to be held down) Stand up to 1 Stand up to 2  
  
**Clips Used:**

* **[Set-Ups inside control circle](https://www.kolat.com/set-ups1/-set-ups-inside-control-circle" \t "_blank)**
* **[Set-Ups arm post](https://www.kolat.com/set-ups1/-set-ups-arm-post" \t "_blank)**
* **[Tight Waist Chop](https://www.kolat.com/breakdowns1/-tight-waist-chop-explanation" \t "_blank)**
* **[Ankle Breakdown](https://www.kolat.com/breakdowns1/ankle-breakdown-using-waist-hand-to-ankle1" \t "_blank)**
* **[Spiral Ride](https://www.kolat.com/breakdowns1/-spiral-ride-explanation" \t "_blank)**
* **[Proper Driving of Half](https://www.kolat.com/half-series/-proper-driving-of-half" \t "_blank)**

**Approx. Live Wrestling:**15 min  
  
**Live Wrestling Design:**Top bottom out (7 minutes) Takedowns (rotate in) (8 minutes)  
  
**Approx. Conditioning Time:**15 min  
  
**Conditioning Design:**  
  
​Group #1: Body weight circuits (on timer) = Push exercise; ab exercise; leg exercise (rotate through different exercises); start with basic push ups into in-and-outs into body weight squats and continue with sequence of push; ab; leg exercises (vary exercises)  
  
Groups #2: Stairs Rotates groups

**Total Practice Time Approx. 90 Minutes**

*Copyright © 2015 Kolat.com LLC*