

**User Name:**btwrestling  
**Coaching Background (level, year exp., etc.):**11 Years Varsity, JV, Youth  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Day 1: Introduce wrestlers to coaches.  Set expectations Explain Coaching Style and Goals

* Neutral: Stance, Shots (Single, Double)
* Bottom: Stand-Up
* Top: Jam and Chop

**Approx. Warm-Up Time:**30 min  
  
**Warm-Up Design:**Weight Lifting and Flexibility designed by our weightlifting coach  
  
**Approx. Technique/Drilling Time:**60 min  
  
**Technique/Drilling Design:**

* Neutral: Shadow Wrestling Penetration Steps Singles Doubles
* Bottom: Stand-Up
* Top: Ride Jam and Chop (added this:  [Chop Breakdown Proper Pressure on Finish](http://www.kolat.com/breakdowns/-chop-breakdown-proper-pressure-on-finish1" \t "_blank))

Clips Used in Session:

* [Shadow Wrestling Movements\_](http://www.kolat.com/shadow-wrestling--motion/-shadow-wrestling-movements" \t "_blank)
* [Forward Step Across the Room Drill](http://www.kolat.com/proper-penetration-drills/-forward-step-across-the-room-drill" \t "_blank)
* [Forward Step Across Room with Angle Change](http://www.kolat.com/proper-penetration-drills/-forward-step-across-room-with-angle-change" \t "_blank)
* [Build up Drill Against Wall](http://www.kolat.com/proper-penetration-drills/-build-up-drill-against-wall" \t "_blank)
* [What are the Basic Takedowns](http://www.kolat.com/what-are-the-basic-takedowns" \t "_blank)
* [Riding Explanation](http://www.kolat.com/breakdowns/-riding-explanation" \t "_blank)

**Approx. Live Wrestling:**10 min  
  
**Live Wrestling Design:**Situations from shots, Easy in Hard Out, Full period takedowns only  
  
**Approx. Conditioning Time:**10 min  
  
**Conditioning Design:**Round-Ups

**Total Practice Time Approx. 90 Minutes**

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