

**User Name:**JuanRamos  
**Coaching Background (level, year exp., etc.):**Youth, High School, Senior  
**Training Level:**Youth  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Learn the basics and fundamentals of Top/Bottom  
  
**Approx. Warm-Up Time:**10 min  
  
**Warm-Up Design:**Run Crawls: Bear Crawl; Crab walk; Gorilla walk Tumbling  
  
**Approx. Technique/Drilling Time:**30 min  
  
**Technique/Drilling Design:**  
  
Because the session is intended for novice wrestlers ages 12U, the technique and drilling session will consist of first putting them into a position with very simple instructions (i.e., "try to knock him flat on the floor"); followed by a brief discussion and introduction of the technique and finally a re-attempt.  
  
Teaching will alternate meaning first the offensive wrestler will be taught, then the defensive wrestler will be taught, so it will look like this:

1. Simple wrestling game
2. Short discussion and instructions given to the top man
3. Play the game again
4. Short discussion and instructions given to the bottom man
5. Play the game again (multiple iterations depending on the group)
6. Final Q&A (have the kids demonstrate the game in front of their peers)
7. Play the game for score

Clips Used:

* [Base Building](https://www.kolat.com/base-building/-base-building-explanation" \t "_blank)
* [Base Building Against Pressure](https://www.kolat.com/base-building/-build-base-from-pressure-back-into-opponent" \t "_blank)
* ​[Holding Base Wide](https://www.kolat.com/holding-base/holding-base-explanation-of-wide-base" \t "_blank)
* [Tight Waist Chop](https://www.kolat.com/breakdowns1/-tight-waist-chop-explanation" \t "_blank)
* [Holding the Base Against Tight Waist Chop](https://www.kolat.com/holding-base/holding-base-fighting-the-tight-waist" \t "_blank)
* [Half Nelson When Opponent is Flat](https://www.kolat.com/wrist--half-nelson/wrist-half-nelson-opponent-flat-heavy-drive" \t "_blank)
* [Clearing 2 on 1 from Stomach](https://www.kolat.com/clearing-wrist/clearing-wrist-clearing-2-on-1-from-stomach" \t "_blank)

**Approx. Live Wrestling:**10 min  
  
**Live Wrestling Design:**This is game time; the kids love the games and it keeps them engaged.  
  
**Approx. Conditioning Time:**5 min  
  
**Conditioning Design:**With the little guys, I take this time to review what we learned.

**Total Practice Time Approx. 90 Minutes**

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