

**User Name:**KOLAT  
**Training Level:**College  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Stay with creating pressure from opponent for post set-ups then work into sit defense when top man is putting legs in.  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**Focus on returns from the top position and finding the Turk for riding time or back points.

* Jog - 1 min body blast (push-up, sit-up, squats)
* Top returns, lift, high-c, double from behind, lift to turk

**Approx. Technique/Drilling Time:**40 min  
  
**Technique/Drilling Design:**We will split time between sit and clearing legs and then work back to our feet using the post:

* Sit defense to cradle or hop out
* High rep pressure post drilling on feet with coach calling out attacks

**Approx. Live Wrestling:**10 min  
  
**Live Wrestling Design:**1 match with O.T. (2 groups)  
  
**Approx. Conditioning Time:**10 min  
  
**Conditioning Design:  2 x through each tumble with 15 reps of each**

* Front handspring
* Round-Off
* Cartwheel
* Kick-up

**Total Practice Time Approx. 70 Minutes**

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