

**User:  KOLAT**  
  
This session directly follows a training break and will be used to get athletes back in the groove of working once again.  
  
**Warm-Up 40 minutes**  
  
Warm-up will focus on bottom fundamental skills and hand fighting on feet to get heart rates up.  This warm-up is to get athletes prepared for live go’s coming in the middle of the training session:

* Jog, tumble, partner stretches
* Partner loaded on back stand-ups he never touches floor (15 each man)
* Wall stand-up drill 30 each man
* Hand fight 1 min followed by 1 min motion
* Motion to hip heist bottom man making him work
* Hand fight :45 sec followed by :45 sec motion
* Peterson roll and Granby top man making him work
* Hand fight :30 sec followed by :30 sec of motion
* Bottom has to work his way out top mixing up the attacks
* Hand fight :15 sec followed by :15 sec of motion
* If athletes do not seem prepared to go into live bouts following this allow for extra drill time

**Live Wrestling 22 minutes**  
  
This will be a mix of open go’s along with coaches mixing situational position and hand fighting.  Athletes should mix themselves with 3 partners for the live section of training:

* 10 min go with coaches mixing positions
* 8 min go with coaches mixing positions
* 4 min go with coaches mixing positions

**Conditioning 12 Minutes**  
  
Will focus on pinning combination drill from feet in a three-man group format.  Athletes will rotate in :30 sec rotations make sure they keep a high pace:

* Cement Job
* Down block to nearside cradle
* Standing front headlock to far leg cradle
* Standing front headlock to roll through cradle
* Cement job
* Left handed Headlock
* Standing cement job to inside trip
* Miss shot up to bear hug

**Cool Down 15 minutes**  
  
Weight control cool down with athletes rotating on bikes, jump ropes, and kettle bells.  
  
**Total Practice Time Approx. 90 Minutes**  
  
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