

**For PDF version [click here](https://drive.google.com/file/d/0B9qPziQEDiIBd1VuRWNQdjkwNTA/edit?usp=sharing" \t "_blank)**  
  
***(Training plans are posted with videos to follow.  If the video typically is not linked to the training plan within 1-2 weeks after the posting date then possibly on that day it was not filmed.)***  
  
**Training Session:  Mental Focus in Big Matches, First Takedown**  
  
This session will start with video of Kerry Boumans vs Terry Brans in the 2nd match of the 2000 Olympic Trials.  Watching this both wrestlers show absolutely focus on not being the one to surrender the takedown.  The way they make contact, walk back to the center, and when a burst is attempted they are fully committed to attacking the position or defending it.  Actual training will center on earning the first takedown of a bout within the first :30 secs.  
  
**Teaching Video**  
  
**[Terry Brands vs Kerry Boumans 2000 Olympic Trials](http://www.youtube.com/watch?v=6vnrTVAU9fA" \t "_blank)**  
  
**Warm-Up 40 minutes**  
  
Warm-up will be changed from normal format and incorporate more dynamic activities: 

* Jog
* Team crawls
* Calisthenics / tumbling
* Partner plyo’s
* OYO drilling to finish warm-up

**Drilling 20-30 Minutes**  
  
This will be a series of sprint drills with focus on scoring the first takedown.  Each sprint drill should be attacked as the first :20-:30 sec of the 1st period.  Allow for a mental break between each go to maintain the focus of the drill.  Partners should be giving various levels of resistance.  Coaches stressing the set-up at various times:

* Far arm single leg
* High crotch against a heavy sprawl
* Fireman’s Carry
* Low single leg
* Hard level change to attack the legs
* Bring the head down

**Live Wrestling 12 minutes**  
  
We have to have the ability to score the first takedown in every match we wrestle.  TEAM GOAL

* :30 sec go’s for a total of 24

**Total Practice Time Approx. 70-90 Minutes**  
  
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**Total Practice Time Approx. 90 Minutes**

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