

**User Name:**tullahomawrestling  
**Coaching Background (level, year exp., etc.)**  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Approx. Warm-Up Time:**30 min  
  
**Warm-Up Design:**

* 1 min-Each Partner
* Reacting to Partners Fake Drill
* Head Position No Hands Drill
* Re-shot Drill No Hands
* Extended on double leg whistle start
* Pulling the Double leg in conditioning drill
* Lift Drill -Leap Frog
* Lift and Spin -Stance and Motion Drill

**Technique/Drilling Design:**

* Offensive Offense
* Offensive Defense
* Motion and Aggression: Force your Style -Change Levels, Body Fakes, Bangs ( Heavy Hands) -Set-Ups!!!
* Put Things Together -Finish Hard, Finish Now! Getting In Does Not Score! -Staggard is Better -"Check" your Stance -Head, Hands, and Hips -Movement and Rhythem -Stance/Heavy Hands Drill

**Approx. Live Wrestling**  
  
**Live Wrestling Design:**

* :45 Stance/Heavy Hands Drill:
* #1Stay in Good Position,
* #2 Move
* #1 While in Good Position 1 Minute Go's on Feet (6x)

**Approx. Conditioning Time:**5 min  
  
**Conditioning Design:**

* 30 Burpees
* 50 Air Squats
* 20 Mountain Climbs (2) sets

**Total Practice Time Approx. 90 Minutes**

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