

**User Name:**beatty142  
**Coaching Background (level, year exp., etc.):**HS Coach  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Session #2: The purpose of this session is to learn how to react to shots by using your head to set up yourself for a reshot.  
  
**Approx. Warm-Up Time:**30 min  
  
**Warm-Up Design:**Insanity Workout  
  
**Approx. Technique/Drilling Time:**40 min  
  
**Technique/Drilling Design:**Partner Drilling

* [Reacting to Partners Fake Drill](https://www.kolat.com/reaction-drill-series/-reacting-to-partners-fake-drill" \t "_blank)
* [Head Position no Hands](https://www.kolat.com/feet-position-drill/-head-position-no-hands" \t "_blank)
* [Reshot Drill no Hands](https://www.kolat.com/feet-position-drill/-reshot-drill-no-hands" \t "_blank)
* [Extended on Double Leg Whistle Start](https://www.kolat.com/shot-build-up-drills/-extended-on-double-leg-whistle-start" \t "_blank)
* [Pulling the Double Leg in Conditioning Drill](https://www.kolat.com/shot-build-up-drills/-pulling-the-double-leg-in-conditioning-drill" \t "_blank)
* [Recover to Stance on Whistle Drill](https://www.kolat.com/reaction-drill-series/-recover-to-stance-on-whistle-drill" \t "_blank)

**Live Wrestling Design:**12 min.  
  
**Approx. Conditioning Time**  
**Conditioning Design:**Cool down and stretch. 10mins.

**Total Practice Time Approx. 90 Minutes**

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