

**User Name:**Tullahomawrestling  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Review and Working on Collar Tie Series with Kolat and McCoy  
  
**Warm-Up Design:**Warm Up with  
  
**Technique/Drilling Design:**

* **[High Crotch Collar Tie Circle Running the Pipe](http://www.kolat.com/high-crotch-finishing-high-series/high-crotch-collar-tie-circle-running-the-pipe" \t "_blank)**
* **[High Crotch look for Navy from Pipe Finish](http://www.kolat.com/high-crotch-finishing-high-series/high-crotch-look-for-navy-from-pipe-finish" \t "_blank)**
* **[Collar Tie Push Pull](http://www.kolat.com/collar-tie-series/-collar-tie-push-pull" \t "_blank)**
* **[Double Leg Collar Tie Circle](http://www.kolat.com/double-leg-series/double-leg-collar-tie-circle" \t "_blank)**
* **[Double Leg Wrist Collar Tie Circle](http://www.kolat.com/double-leg-series/double-leg-wrist-collar-tie-circle" \t "_blank)**
* **[Double Leg Collar Tie Fake High Crotch](http://www.kolat.com/double-leg-series/-double-leg-collar-tie-fake-high-crotch" \t "_blank)**

**Approx. Conditioning Time:**10 min

**Total Practice Time Approx. 60 Minutes**

*Copyright © 2015 Kolat.com LLC*