

​**User Name:**KContardi  
**Coaching Background (level, year exp., etc.):**20+ HS Varsity  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Scoring off the head: Pass/slide By; Shucks, Etc....  
  
**Approx. Warm-Up Time:**10 min  
  
**Warm-Up Design:**

* 3 min Jog
* Dynamic Warm Ups 3 sets (1 min Ea) groups of 3
* Monkey rolls
* Speed takedowns 1 min each
* Top bottom out quick escapes
* (2min) Line Drills: shoot, shoot cut, sprawl, shouler roll, hip heist, shoulder roll to hip heist, front roll, back roll, cartwheel, walk on hands.

**Approx. Technique/Drilling Time:**30 min  
  
**Technique/Drilling Design:**

* Position Drills: mirror
* Scarecrow-cowboy sprawl (every 3 takedown and swap)
* Duck under to cut away (Duck but don't go to the mat; other guy attacks hands and escapes)
* Wind shield wiper drill
* Arm Drags to in on shot
* Under Hook to snap down and score Drilling: I use lower and upper to determine who is who in chain drilling Shot
* RE SHOT x5 shot
* RE SHOT- escape x5 shot-RE SHOT
* down block and score x5 Technique and drilling: Show clips and drill: 2-3 min per move depending on experience.  [Slide By Explanation Clip](https://www.kolat.com/throw-by-series/-slide-by-explanation" \t "_blank) just an explanation of slide by. 1. [clip 1 slide by Show Clip](https://www.kolat.com/throw-by-series/-slide-by-position" \t "_blank) 2 [also as it goes more into getting them to the mat](https://www.kolat.com/throw-by-series/-fake-knee-pick-to-slide-by-finish-with-wrist" \t "_blank). Get the partner to push back. Pay attention to the foot work. Keep Space 2. Clip 3: [Shows a turk finish](https://www.kolat.com/throw-by-series/-fake-knee-pick-to-slide-by-finish-with-turk" \t "_blank). 3. [slide by to high](https://www.kolat.com/throw-by-series/-opponent-counters-slide-by-with-squaring-up-high-crotch" \t "_blank) C. Clip 4 4. [Slide by to a double clip](https://www.kolat.com/throw-by-series/-opponent-counters-slide-by-with-squaring-up-double-leg" \t "_blank) 5 5. [Kolat's slide by clip](https://www.kolat.com/clearing-the-collar-tie/clear-collar-tie-under-elbow-throw-by" \t "_blank) 6

**Approx. Live Wrestling:**20 min  
  
**Live Wrestling Design:**30 sec situational: 3 X each Partner a hold on to collar and pushes. Partner B tries exectuing a slide by. Under Hook: Front head lock Russian top: 2 on 1 Top: legs in top: spiral or claw ride on back: 15 sec goes Takedowns  
  
**Approx. Conditioning Time:**15 min  
  
**Conditioning Design:**

* Go through 3x: Jump thru's (30 sec)
* side hops (30)
* break down spin drill (30 sec); Dominator drill 1 min each.

**Total Practice Time Approx. 90 Minutes**

*Copyright © 2015 Kolat.com LLC*