

​**User Name:**Titanpride  
**Coaching Background (level, year exp., etc.):**Varsity& Club, 25 yrs  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
​  
**Session Goal:**obtaining and scoring with figure four leg ride  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**  
1. FOUR CORNERS   
     a. Penetration steps • (alternate between squat walk, h/c, blast sweep, low leg,and elbow push strut)   
     b. Agility ladder   
     c. Stretch walk/ jog - emphasis on stretch today   
     d. Level change rope   
2. DOUBLE LEG HIP OVERS\_(turning opponent with just legs/ no hands)   
3. HIP HEIST a. Crawfish b. Standup c. Granby 4. SNAP DOWNS (opponent on knees) 5. SWITCH Offs  
 **Approx. Technique/Drilling Time:**30 min  
 **Technique/Drilling Design:**Top position and breakdown • Push your hips in pressure to 2 o’clock • Your head should be over far shoulder (thigh pry side) • pull back breakdown Swan (half and/or claw) and thigh pry: • Walk a full circle with open hips, bottom leg pressuring into him o If opponent turns hard into it: put leg in on opposite side o If opponent head goes down: shoulder to wrist (pinky power) and close hips • Opponent wings down and pulls you under: o Roll through o Roll through throw him across your body Figure four – base position and hold • Keep hips pressuring down toward mat; stretch yourself over his far shoulder and ladle his head • DIG out and Catch - Opponent hides his head from ladle: wrist bone into eye socket, thumb knuckle on bridge of his nose, turn his face across and up ◊ ladle with near arm  
  
**Approx. Live Wrestling:**30 min  
  
**Live Wrestling Design:**Live situations: Wrestler A has cross-face; hand on triceps, B is on base • Wrestler A has B broken down - with cross face, hand on triceps • Wrestler A has cross-wrist, B is on his base • Wrestler A has B broken down - with wrist control on both sides • Wrestler A has one leg in, B is on base • Wrestler A has one leg in, B is broken down 2 live matches  
  
**Approx. Conditioning Time:**20 min  
  
**Conditioning Design:**3 mile timed run

**Total Practice Time Approx. 90 Minutes**

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