

​**User Name:**KOLAT  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Running through set-ups to create more opportunity for leg attacks.  
  
**Approx. Warm-Up Time:**30 min  
  
**Warm-Up Design:**Heavy warm-up focused on base building and finding conditioning early in the session:

* Jog
* Crawls
* Partner Army Crawl
* Clearing Wrist Out
* Clearing 2 on 1 Out
* First move on the wall

**Approx. Technique/Drilling Time:**40 min  
  
**Technique/Drilling Design:**Focus set-ups to all our shots - partners should be mixing defensive levels. We can't just bang on opponents head we need create reactions:

* Fake Arm Drag
* Elbow Control with Wrist
* Timing Re-Shot (no sprawl position)
* Collar Tie Snap
* Shoulder Pushing For Reaction
* Hard Level Change From Triceps
* Outside Step on 2 on 1
* Opponent Attacks Wrist on 2 on 1 use Feet to Hook

**Approx. Live Wrestling:**15 min  
  
**Live Wrestling Design:**Situational wrestling - Fighting off Back (never give bonus)  
  
**Approx. Conditioning Time:**15 min  
  
**Conditioning Design:**Arena steps with plyo hops / sprints

**Total Practice Time Approx. 90 Minutes**

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