

**User Name:**beatty142  
**Coaching Background (level, year exp., etc.):**HS Coach  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Setups Continued Session #4- Joe D.  
  
**Approx. Warm-Up Time:**40 min  
  
**Warm-Up Design:**Insanity workout - Month one  
  
**Approx. Technique/Drilling Time:**60 min  
  
**Technique/Drilling Design:**Partner and 3 partner drilling

* [Set-Ups Collar Tie Post](https://www.kolat.com/set-ups/-collar-tie-post" \t "_blank)
* [Set-Ups Chop Chop Post](https://www.kolat.com/set-ups/-chop-chop-post" \t "_blank)
* [Set-Ups Wrist Elbow Tie](https://www.kolat.com/set-ups/-wrist-elbow-tie" \t "_blank)
* [Set-Ups Wrist Elbow Tie Opponent Squares Single](https://www.kolat.com/set-ups/-wrist-elbow-tie-opponent-squares-anchor-single" \t "_blank)
* [Set-Ups Wrist Elbow tie Opponent Reaches Post](https://www.kolat.com/set-ups/-wrist-elbow-tie-opponent-reaches-post" \t "_blank)
* [Set-Ups Armpit Post Knee Pull](https://www.kolat.com/set-ups/-armpit-post-knee-pull" \t "_blank)

**Approx. Live Wrestling:**15 min  
  
**Live Wrestling Design:**Situational Shark Bait  
  
**Approx. Conditioning Time:**15 min

**Total Practice Time Approx. 90 Minutes**

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