

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

* [Set-Ups Wrist Drag](https://www.kolat.com/set-ups/-wrist-drag" \t "_blank)
* [Set-Ups Collar Tie Explanation](https://www.kolat.com/collar-tie-series/-collar-tie-explanation" \t "_blank)
* [Set-Ups Collar Tie Heavy Hand Attack](https://www.kolat.com/collar-tie-series/-heavy-hand-collar-tie-attack" \t "_blank)
* [Set-Ups Collar Tie Tricep Control](https://www.kolat.com/collar-tie-series/-collar-tie-with-tricep-control" \t "_blank)
* [Set-Ups Collar Tie with Wrist Control](https://www.kolat.com/collar-tie-series/-collar-tie-with-wrist-control" \t "_blank)
* [Set-Ups Collar Tie with Underhook Control](https://www.kolat.com/collar-tie-series/-collar-tie-with-underhook-control" \t "_blank)

**Approx. Live Wrestling:**20 min  
  
**Live Wrestling Design:**Situation Shark Bait  
  
**Approx. Conditioning Time:**15 min  
  
**Conditioning Design:**Cool down and stretch

**Total Practice Time Approx. 90 Minutes**

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