

**User Name:**beatty142  
**Coaching Background (level, year exp., etc.):**HS Coach  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Session #3 Set-ups  
  
**Approx. Warm-Up Time:**30 min  
  
**Warm-Up Design:**Insanity workout - Month One  
  
**Approx. Technique/Drilling Time:**60 min  
  
**Technique/Drilling Design:**Partner drilling into 3 person drilling with a focus on person in middle.

* [Set-Ups with Basic Takedowns Explanation](https://www.kolat.com/set-ups1/-set-ups-with-basic-takedown-explanation" \t "_blank)
* [Set-Ups Collar Tie Snap](https://www.kolat.com/set-ups1/-set-ups-collar-tie-snap" \t "_blank)
* [Set-Ups Inside Control Circle](https://www.kolat.com/set-ups1/-set-ups-inside-control-circle" \t "_blank)
* [Set-Ups Fake Shot Go](https://www.kolat.com/set-ups1/-set-ups-fake-shot-go" \t "_blank)
* [Set-Ups Touch and Go](https://www.kolat.com/set-ups1/-set-ups-touch-and-go" \t "_blank)
* [Set-Ups Freeze Fake](https://www.kolat.com/set-ups1/-set-ups-freeze-fake" \t "_blank)

**Approx. Live Wrestling:**15 min  
  
**Live Wrestling Design:**Shark bait  
  
**Approx. Conditioning Time:**10 min  
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**Conditioning Design:**Cool down and stretch

**Total Practice Time Approx. 90 Minutes**

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