

**User Name:**CHWY-Brent  
**Coaching Background (level, year exp., etc.):**3 year youth  
**Training Level:**Youth  
**Wrestling Style:**Collegiate  
  
**Session Goal:**shot defense  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**

* Jogging
* Penetration steps
* Gymnastics - forward rolls, back rolls, cart wheels
* sprints
* Stretches

**Approx. Technique/Drilling Time:**40 min  
  
**Technique/Drilling Design:**3 lines of Defense Head , Hands, Hips

* [Head Position No Hands](https://www.kolat.com/position-drils-stance/-head-position-no-hands" \t "_blank)
* [Head Position with Hands](https://www.kolat.com/position-drils-stance/-head-position-with-hands" \t "_blank)
* [Reshot Drill No Hands](https://www.kolat.com/position-drils-stance/-reshot-drill-no-hands" \t "_blank)
* [Reshot Drill with Hands](https://www.kolat.com/position-drils-stance/-reshot-drill-with-hands" \t "_blank)
* [Sumo Drill No Hands Teaching Defense](https://www.kolat.com/sample-clips/sumo-drill-without-hands-teaching-defensive-head-position" \t "_blank)

**Approx. Live Wrestling:**15 min  
  
**Live Wrestling Design:**Neutral 30 second goes Referees Position 30 Second goes top bottom Overtime  
  
**Approx. Conditioning Time:**10 min  
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**Conditioning Design:**

* Up/Downs
* Down Blocks
* Sprints

**Total Practice Time Approx. 90 Minutes**

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