

User:  KOLAT  
  
Training session will start with skill work and a short blast of conditioning during the warm-up.  Area of focus will be single leg finish when on the mat and placed outside.  This is a short session with quality focus on the drill for a short period of time.  Depending on the time remaining we will finish drill with single leg standing.  
  
**Warm-Up 30 minutes**

* Jog
* Team crawls
* Calisthenics / tumbling
* Drags/ducks skill work

**Technique 30-40 Minutes**  
  
 Single leg mat finish:  
  
[Hand Placement on Mat](https://www.kolat.com/single-leg-series1/-single-leg-on-mat-hand-placement" \t "_blank)[​Run the corner drive across](https://www.kolat.com/single-leg-series1/single-leg-run-the-corner-drive-across" \t "_blank)  
[Caught below knee foot block finish](https://www.kolat.com/single-leg-series1/single-leg-caught-below-the-knee-foot-lift-pick" \t "_blank)  
[Slide leg up thigh when stuck below knee](https://www.kolat.com/single-leg-series1/single-leg-caught-below-the-knee-lift" \t "_blank)  
  
**Conditioning 10 minutes**

* Pacers with heavy ball

**Total Practice Time Approx. 90 Minutes**  
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**Total Practice Time Approx. 75 Minutes**

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