

​**User Name:**PSalvo  
**Coaching Background (level, year exp., etc.):**Modified 7-8th Grade  
**Training Level:**Middle School  
**Wrestling Style:**Greco  
  
**Session Goal:**Rules of the Sport, Periods, Goal, Etc: Watch Video on Wrestling Stances & Motion, Partner Circle Drill  
  
**Approx. Warm-Up Time:**10 min  
  
**Warm-Up Design:**

* Jogging 30 sec
* Circle in 15 sec
* Circle out 15 sec
* Seal Jumps 15
* Jumping Jacks 15
* Push Ups 10
* Jog into 2 Lines: Soldier kicks, Forward Lunges, side lunges (alternate). spidermans/groin stretch, forward rolls, backward rolls
* Penetration steps/shots Stance & Motion 3 15 second counts: add sprawls, shots, etc. in between once learned...

**Approx. Technique/Drilling Time:**60 min  
  
**Technique/Drilling Design:**

* [STANCE & MOTION (Square Stance & Shooting Stance)](https://www.kolat.com/stance--motion-series/stance-and-motion-square-stance" \t "_blank)
* [Square Stance Explanation of Motion in Square Stance](https://www.kolat.com/stance--motion-series/stance-and-motion-explanation-of-motion-in-square-stance" \t "_blank)
* [Explanation of Square Stance Use](https://www.kolat.com/stance--motion-series/stance-and-motion-explanation-of-square-stance-use" \t "_blank)
* [Square Stance Shadow Wrestling](https://www.kolat.com/stance--motion-series/stance-and-motion-square-stance-shadow-wrestling" \t "_blank)
* [Shooting Stance (AKA SUGAR FOOT STANCE)](https://www.kolat.com/stance--motion-series/stance-and-motion-sugar-foot-stance" \t "_blank)
* [Explanation of Motion in Shooting Stance Square vs. Shooting Stance Shooting stance shadow wrestling](https://www.kolat.com/stance--motion-series/stance-and-motion-explanation-of-motion-in-sugar-foot" \t "_blank)

**Approx. Live Wrestling:**30 min  
  
**Live Wrestling Design:**

* **[​](https://www.kolat.com/shadow-wrestling--motion/-small-circle-drill" \t "_blank)**[Small Circle Drill](https://www.kolat.com/shadow-wrestling--motion/-small-circle-drill" \t "_blank)
* [​](https://www.kolat.com/shadow-wrestling--motion/-small-circle-drill" \t "_blank)[Contest # 1: Partner Circle Drill](https://www.kolat.com/shadow-wrestling--motion/-partner-circle-drill" \t "_blank)

**Approx. Conditioning Time:**15 min

**Total Practice Time Approx. 90 Minutes**

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