

​**User Name:**Mark Smith  
**Coaching Background (level, year exp., etc.):**Youth, Middle School, High School 20 years  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Stance and Motion, hand and head position  
​  
**Approx. Warm-Up Time:**30 min  
  
**Warm-Up Design:**

* Jog
* Tumbling
* Stance and Motion
* Drill Hip-hiest
* Drill Stand-up
* Drill Shadow wrestling
* 2 and 2 drill takedowns

**Approx. Technique/Drilling Time:**30 min  
  
**Technique/Drilling Design:**Score on reshot

* [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)

**Approx. Live Wrestling:**30 min  
  
**Live Wrestling Design:**reshot, keep attacking  
  
**Approx. Conditioning Time:**20 min  
  
**Conditioning Design:**quick on your feet

**Total Practice Time Approx. 90 Minutes**

*Copyright © 2015 Kolat.com LLC*