

**Training Level:**Youth  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Stance and motion Penetration step  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**

* jog
* acrobatics
* sumo wrestling

**Approx. Technique/Drilling Time:**50 min  
  
**Technique/Drilling Design:**

1. square stance with motion
2. Cutting off opponent
3. Shadow wrestling
4. Staggered stance

**Clips Used in Session:**

* **[Stance and Motion Square Stance](https://www.kolat.com/stance--motion-series/stance-and-motion-square-stance" \t "_blank)**
* **[Stand and Motion Explanation](https://www.kolat.com/stance--motion-series/stance-and-motion-explanation-of-motion-in-square-stance" \t "_blank)**
* **[Square Stance Use](https://www.kolat.com/stance--motion-series/stance-and-motion-explanation-of-square-stance-use" \t "_blank)**
* **[Stance and Motion Sugar Foot](https://www.kolat.com/stance--motion-series/stance-and-motion-sugar-foot-stance" \t "_blank)**
* **[Sugar Foot Motion](https://www.kolat.com/stance--motion-series/stance-and-motion-explanation-of-motion-in-sugar-foot" \t "_blank)**
* **[Sugar Foot Shadow Wrestling](https://www.kolat.com/stance--motion-series/stance-and-motion-sugar-foot-shadow-wrestling" \t "_blank)**

**Approx. Live Wrestling:**10 min  
  
**Live Wrestling Design:**

* Review top riding
* 6- 1 minute goes top and bottom
* 8- 30 second situations

**Approx. Conditioning Time:**15 min

**Conditioning Design:**

* 10 pull ups
* 20 push ups
* 30 sit-ups

**Total Practice Time Approx. 90 Minutes**

*Copyright © 2015 Kolat.com LLC*