

**User Name:**beatty142  
**Coaching Background (level, year exp., etc.):**I have been coaching high school varsity wrestling for 13 years. I also run a youth program during the off season.  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**The goal of this session is to help the new wrestlers understand as well as remind the older wrestlers of how important it is to maintain a good stance, position and motion while in the neutral position.  
  
**Approx. Warm-Up Time:**10 min  
  
**Warm-Up Design:**A variety of functional movements will be performed that systematically serve to increase the heart rate and range of motion at each joint.  
  
**Approx. Technique/Drilling Time:**40 min  
  
**Technique/Drilling Design:**Partner drilling will work best for this session.

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

**Approx. Live Wrestling:**25 min  
  
**Live Wrestling Design:**Shark Bait  
  
**Conditioning Time:**30 min  
  
**Conditioning Design:**Insanity Video - month one.

**Total Practice Time Approx. 90 Minutes**

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