

​**User Name:**KOLAT  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Team has been off want to shake off the rust. Continue with stalking opponents down and immediate drive on leg attack. New technique to help with riding skills, lift from crotch and return opponent to his back.  
  
**Approx. Warm-Up Time:**30 min  
  
**Warm-Up Design:**

* Jog
* Tumble
* Motion Drills
* Tree climb top drill
* Smashing the breakdown
* Stand-up and Hip Heist off wall

**Approx. Technique/Drilling Time:**40 min  
 **Technique/Drilling Design:**Stalking opponent down with focus on:

* Single leg no lock and getting through opponent
* Duckunder (lift to back can appear here)
* Finish drill with turns and returning opponent to back with a lift

**Approx. Conditioning Time:**20 min  
  
**Conditioning Design:**Circuit Lift with 4 rounds:

* Power clean x 10
* Pull-ups x 15
* Ball twist x15 (each side)
* Weighted Plyo Lunge x30
* Leg extension x15

Finish with 5-minute plank holds

**Total Practice Time Approx. 90 Minutes**

*Copyright © 2015 Kolat.com LLC*