

**User Name:**Grizzly Bob  
**Coaching Background (level, year exp., etc.):**3rd yr HS Assistant Coach, Division I Wrestler at Cal Poly 1983-1986, All Long Island HS Champion Sec. XI 1980-1981, 3x Qualifier NY State Championships 1979-1981, Long Island "Century Club" (112 Varsity Wins)  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Think Outside of your "Comfort Zone"! Theme: "Off Hand" or "Non-Dominant" Hand/ Side Wrestling.  
  
Technique Goal: Learn Back Arch Throws  
  
**Approx. Warm-Up Time:**40 min  
  
**Warm-Up Design:**

* Jogging (6 Minutes)
* Chain Wrestling (10 Minutes)
* Static & Plyometric (Partner) Stretches (5 minutes)
* 4 Lines: Duck Walks, Tumbling, Cartwheels, Partner Resistance
* Doubles (Lift and Return) (4 minutes)
* Standing Gables ( 1 Minute x 4 sets w/ 30 second of circling between sets) (6 Minutes)
* 3 Lines of Defense (Heads, Hands, Hips) (3 minutes)
* Sumo Drill (Hand Fighting/ Positioning) (45 Sec x 5 sets) Bent Arms vs. Long Arms
* Head Position, Controlling the Mat (4 minutes)
* Water Break

**Approx. Technique/Drilling Time:**40 min  
  
**Technique/Drilling Design:**

* Review Hip Throws: Head & Arm, Hip Toss, Arm Throws (15 Minutes)
* Teach Back Arch Throws: Back Arch Technique Drill, Body Lock, Seatbelt Toss & Missed Double to BL Throw (15 Minutes)
* Drill: Top Breakdowns "Off Hand" (10 Minutes) - Arm Chop - Knee Block - Deep Waist/Far Ankle - Claw/Spiral Ride
* Water

**Clips Used:**

* **[Hand Fight Drill](https://www.kolat.com/handfighting-series/-hand-fight-drill" \t "_blank)**
* **[Arm Throw Opponent Pressures](https://www.kolat.com/arm-throw-standing/-arm-throw-opponent-pressures-with-collar-tie" \t "_blank)**
* **[Single Leg to Inside Trip Hip Toss](https://www.kolat.com/turning-basic-takedowns-into-4-point-moves/freestyle-single-leg-come-up-to-inside-grip-hip-toss" \t "_blank)**
* **[Back Step Load up Arm Throw](https://www.kolat.com/back-step-drills/-back-step-load-up-arm-throw" \t "_blank)**
* **[Single Leg to Seatbelt Toss](https://www.kolat.com/turning-basic-takedowns-into-4-point-moves/freestyle-single-leg-seatbelt-toss" \t "_blank)**
* **​[Missing Double Leg to Body Throw](https://www.kolat.com/5-point-throws/-missing-double-coming-up-body-throw" \t "_blank)**

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

* Situation wrestling (6) Minutes (Time Permitting) We tell you what you can use from the; Neutral position. (FHL, Russian tie, Over Under, etc.)
* Top Position: Claw or Spiral Breakdown to half or arm-bar series or cradle turn.
* Bottom position: Sit out or switch to Granby or Peterson. Red/Green/Out take downs to turn or escape (1 Minute Periods) Top/Bottom/Out (1 Minute Periods) Live Match (6 Minutes)

**Approx. Conditioning Time:**10 min  
  
**Conditioning Design:**

* Jogging with "15's" :
* Push Ups
* V-Ups
* 3-Count Burpee's
* 3-Count Mountain Climbers

Grizzly Jacks Reminder: Bring your Track Shoes too the afternoon session!

**Total Practice Time Approx. 90 Minutes**

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