

**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:**Tilt Series  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**

* Jog
* Tumbling
* Stance and Motion Drill
* Hip-hiest Drill
* Stand-up Drill
* Breakdown Drill

**Approx. Technique/Drilling Time:**40 min  
  
**Technique/Drilling Design:**Two on one tilts

* [Capturing 2 on 1 From Chop](https://www.kolat.com/2-on-1-tilt-set-up-series/-capturing-2-on-1-from-chop-breakdown" \t "_blank)
* [Capturing 2 on 1 from Spiral](https://www.kolat.com/2-on-1-tilt-set-up-series/-capturing-2-on-1-from-spiral-breakdown" \t "_blank)
* [2 on 1 Tilt\_](https://www.kolat.com/2-on-1-tilt-set-up-series/-2-on-1-tilt" \t "_blank)
* [2 on 1 Tilt to Wrist and Bar](https://www.kolat.com/2-on-1-tilt-set-up-series/-2-on-1-tilt-to-wrist-bar" \t "_blank)
* [2 on 1 Foot Hook Head Stuff](https://www.kolat.com/2-on-1-tilt-set-up-series/-2-on-1-foot-hook-head-stuff" \t "_blank)
* [2 on 1 Tilt Step Through the Crotch Lift](https://www.kolat.com/2-on-1-tilt-set-up-series/-2-on-1-tilt-step-through-the-crotch-tilt" \t "_blank)

**Approx. Live Wrestling:**20 min  
  
**Live Wrestling Design:**Top and Bottom situation wrestling  
  
**Approx. Conditioning Time:**10 min  
  
**Conditioning Design:**Movement off the bottom

**Total Practice Time Approx. 90 Minutes**

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