

**User Name:**yscombat  
**Coaching Background (level, year exp., etc.):**youth/hs 15 years exp  
**Training Level:**Youth  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Crossface series: 1. Barbwire 2. Cradle 3. Cross face near leg, back to barbwire  
  
**Approx. Warm-Up Time:**10 min  
  
**Warm-Up Design:**

* Jog/tumbling
* Bear crawls
* Crab walks
* Shin runs

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

1. Tight waist ankle break down
2. Crossface to barbwire
3. Crossface to Cradle
4. Crossface he bases up to far arm near leg
5. Back to barbwire

**Clips Used:**

* **[Ankle Breakdown Proper Drive](https://www.kolat.com/breakdowns/-ankle-breakdown-proper-drive" \t "_blank)**
* **[Crossface Technique Explanation](https://www.kolat.com/cross-arm-riding-series/-cross-face-technique-explanation" \t "_blank)**
* **[Cross Arm to Crossface Corkscrew](https://www.kolat.com/cross-arm-riding-series/-cross-arm-to-cross-face-corkscrew" \t "_blank)**
* **​[Cross Arm to Crossface Cradle](https://www.kolat.com/cross-arm-riding-series/-cross-arm-to-cross-face-cradle" \t "_blank)**

**Approx. Live Wrestling:**20 min  
  
**Live Wrestling Design:**Top/Bottom regular starts and situations 20-30 sec go's

1. Basic start
2. Guy on belly, top man chest on his back
3. Guy on belly, start from crossface
4. Start from barbwire (corkscrew)
5. Guy on belly, start from crossface and hand posted behind knee
6. Start from crossface cradle
7. Start from base with crossface
8. Start from base with barbwire
9. Start from base crossface & near leg
10. Start from base in crossface cradle

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

* 25 squats to floor
* 20 jumper squats (start with one knee on floor) throw hands to ceiling on jump
* 20 hip heists
* 100 straight squats

**Total Practice Time Approx. 90 Minutes**

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