

**User Name:**Clinton Davis  
**Coaching Background (level, year exp., etc.):**12th season at Utica High School, Michigan  
**Training Level:**High School  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Top Position Half Nelson  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**

* Room jog
* Tumbling
* Stance & Motion
* light drill neutral position

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

* Follow Drill/Keep down drill
* Chop/Tight waist breakdown
* Teach Half-nelson/Drill

Clips Used During Session:

* [Wrist Half Nelson Opponent Flat](https://www.kolat.com/wrist--half-nelson/wrist-half-nelson-opponent-flat-heavy-drive" \t "_blank)
* [Riding Explanation](https://www.kolat.com/breakdowns/-riding-explanation" \t "_blank)
* [​Chop Breakdown Proper Pressure Finish](https://www.kolat.com/breakdowns/-chop-breakdown-proper-pressure-on-finish1" \t "_blank)

**Approx. Live Wrestling:**20 min  
  
**Live Wrestling Design:**3 man group takedowns, winner stays in (10min) Quick drink 3 man group Top/Bottom/Out (30 second goes) (10 min total)  
  
**Approx. Conditioning Time:**15 min  
  
**Conditioning Design:**Body weight circuits All Together

* 20 push ups
* 40 crunches
* 20 wide push ups
* 40 crunches
* 20 diamond push ups
* 40 crunches

Split up 2 groups Group 1: (chin up bars)

* 20 s pull ups
* 20 s leg raises

Group 2 (on mats):

* 30s split squats
* 30s mountain climbers

Switch group 1 and 2

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**Total Practice Time Approx. 90 Minutes**

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