

User:  KOLAT  
  
**Training Session 1-1:15hr:** Time of workout should not exceed 1:15hr if all time is needed. Focus is on starting wrestlers offense shots on feet all other teams members will assist in training, motivating, and doing whatever a coach or starting athlete needs done. We will be drilling our best attacks on our feet and using our motion, conditioning, and hands to keep our opponent defensive. Do not let any :30 sec go finish scoreless during the live. We need to push ourselves to force a scoring action in every go!  
  
**Warm-Up 15 minutes**

* Jog/Tumble
* Sprints
* Stretch

**Technique 20 minutes**  
  
These are things we already use so pace is high to continue getting body ready for live. If partner is a non-starter the starter will be doing all attacks. Coach can break time for each drill section as he chooses:

* Your best two takedowns
* Best shot against a Right foot lead
* Best shot against a Left foot lead
* Attacking a square stance wrestler
* Attacking a wrestler who continually backs up
* Cutting the mat off and score

**Live Wrestling 16.5 minutes**  
  
Starter will stay in the entire time with 2-3 fresh wrestlers rotating in on him every :30 sec. If you lack enough fresh partners at certain weights starters can face each other every other go. Force yourself to score or at a minimum attempt to score each and every :30 sec go! If take your opponent down in the first :15 sec cut and go get another one, if not and early takedown ride.  
  
*Repeat round 20x’s*

* :30 sec go
* :20 sec rest (no sitting keep yourself moving)

**Conditioning 10 minutes**  
  
Coach’s choice should involve motion, muscle endurance, and sprints  
  
**Total Session Time 55 minutes**

**Total Practice Time Approx. 90 Minutes**

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