

**User Name:**KOLAT  
**Wrestling Style:**Collegiate  
  
**Training Session:  Fundamental Bottom Drills - Arm Bar Half**  
  
Training session is technique based with athletes getting comfortable with the arm on the back working towards riding and exposure.  
  
**Warm-Up 40 minutes**  
  
Focus drilling on bottom skills during warm-up

* Running, tumbling, partner stretching
* Wall stand-ups 30 reps
* Partner drill blow up 30 reps each man
* Catch hand control to stand-up/hip heist
* Clear ankle ride to stand-up/hip heist
* Clear tight waist ride to stand-up/hip heist
* Top man returns you from stand-up find base to stand-up/hip heist

**Technique 45 minutes**  
  
 **Short Arm Bar**  
  
If wrestlers begin to get stale during drill mix in takedowns to turns:

* [Wrist block short arm bar](https://www.kolat.com/short-arm-bar-series/-wrist-block-short-arm-bar" \t "_blank)
* [Shoulder block short arm bar](https://www.kolat.com/short-arm-bar-series/-shoulder-block-short-arm-bar" \t "_blank)
* [Reverse headlock finish](https://www.kolat.com/short-arm-bar-series/-shoulder-block-reverse-headlock-finish" \t "_blank)
* [Opponent Counters jump to half nelson](https://www.kolat.com/short-arm-bar-series/-opponent-hip-down-counter-jump-to-half" \t "_blank)
* [Breakdown to bar and half nelson](https://www.kolat.com/short-arm-bar-series/-breakdown-to-arm-bar-half-turn" \t "_blank)

**Conditioning Drilling 10 minutes**

* Motion drill (:30 sec rest between each go): 1 min, :45 sec, :30 sec, :15 sec
* Hand fight (:30 sec rest between each go):  1 min, :45 sec, :30 sec, :15 sec

**Total Practice Time Approx. 90 Minutes**  
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