

**User:  KOLAT**  
  
Session will begin with riding skills but begin to make athletes aware of when opponent fatigues from the top position.  Continue back into defense starting to add more mat scramble positions against the single leg and high crotch takedowns.  Session will finish with 3-man groups combative situational wrestling.  
  
**Warm-Up 40 minutes**  
  
Riding skills to be used in warm-up and begin process of breaking opponents down looking to stuff the head, takedown on the cut, and cement job.

* Running, tumbling, partner stretching
* Return with single
* Return for Turk
* Return with lift
* Drop into high-c for return
* Follow drill (:30 sec 2x’s each man)
* Stuff the head for TD
* Stuff the head looking for the elbow up cement job

**Technique 30 minutes**  
  
Covering mat scrambles against the single and high crotch takedowns.  
  
Single Leg Defense Mat

* [Wizzer get opponent up your back to square](https://www.kolat.com/defend-single-leg/defend-single-leg-wizzer-pull-up-and-square-to-spin" \t "_blank)
* [Drop to your funk](https://www.kolat.com/defending-single-leg-on-the-mat/defending-single-leg-on-mat-funk-same-side-as-single" \t "_blank)
* [Force him low step over the back for ankles](https://www.kolat.com/defending-single-leg-on-the-mat/defending-single-leg-on-mat-hands-below-knee-step-over-ankle-grab" \t "_blank)

High Crotch Defense Mat

* [Chest lock out](https://www.kolat.com/chest-lock/-defending-high-crotch-attempt-with-chest-lock" \t "_blank)
* Put to far hip when in crackdown
* [Look to switch out](https://www.kolat.com/defending-high-crotch-on-mat-series/-absorb-shot-dig-for-switch-step-over" \t "_blank)

**Live Wrestling 30 minutes**  
  
**3 Man Groups**  
  
These will be go’s where one man is staying in perfecting the defensive position.  Handfight your way into the position, live once opponent achieves the position:

* 1 guy in for 10 minutes with partners rotating
* Coaches decide scramble
* :20, :30, :40 sec rotations coaches discretion

**Conditioning 10 minutes**

* 10 min abs hold plank position

**Total Practice Time Approx. 90 Minutes**

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