

**User Name:**KOLAT  
**Wrestling Style:**Collegiate  
  
**Session Goal:**Defense was weak for several guys trying to clear out of underhooks. Focus drill on head position and pinching elbows when clearing as well as how to bail out properly if going to back! This is an area we have to become better partners and understand how to play wrestle out of the position.  We will finish the drilling with top working to our cross wrist ride and tilts.  
  
**Approx. Warm-Up Time:**20 min  
  
**Warm-Up Design:**Wall starts for hip heist / stand-up with stretching and plyo's worked into it.  
  
**Approx. Technique/Drilling Time:**60 min  
  
**Technique/Drilling Design:**  
Defending Underhook (groups of 3 for this to increase reps)

* Keeping them out
* Pinching and circling against double underhooks
* Clearing palm up and circling

Top Drill Cross Wrist Tilts

* Bar & Wrist fall back tilt
* Elbow inside tilt

**Approx. Conditioning Time:**15 min  
  
**Conditioning Design:**Sprints for Time!  
  
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**Total Practice Time Approx. 90 Minutes**

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