

COACH EDUCATION PATHWAY





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Introduction

This pathway provides a structured development plan for wrestling coaches, guiding them from novice to expert level. The framework is inspired by successful coach education models in other sports and integrates United World Wrestling (UWW) Academy online coaching courses to ensure a comprehensive and standardized education process. The pathway includes a points-based system, allowing coaches to progress by accumulating points through education, experience, and coaching success.

Initial Assessment

Upon starting the pathway, coaches will be placed at the appropriate level based on their experience and performance. Coaches will be required to take an initial assessment that will cover many concepts related to coaching. They will also be required to submit a CV showing their wrestling and coaching experience. Both the assessment and CV will be evaluated by the panel of expert coaches. Based on the initial evaluation, the expert panel may request a video of the coach demonstrating their coaching skills so that they can properly assess the coach's level. The panel will make the initial decision for the level placement of the coach. Once the coach is placed into a level, they will then be required to complete the necessary requirements to advance in the pathway.



Mandatory Requirements

For participation in this programme, there will be mandatory requirements that the coach must complete to be admitted and to maintain their current level. The coach must provide documentation or a certificate that shows that the following items have been completed.

- Athlete Safeguarding Training (yearly)
- Basic First Aid Training (once)
- UWW Academy Ready to Wrestle (once)

Level 1: Foundation Coach (Beginner Level)

Target Audience: New coaches, former athletes transitioning to coaching, physical education teachers.

Objectives

- Understand basic wrestling techniques, rules, and safety measures.
- Learn fundamental coaching principles, including communication and session planning.
- Gain initial hands-on experience coaching young or beginner wrestlers.

Requirements (Minimum 30 points)

Mandatory Courses (10 Points):

- Completion of UWW Academy Introduction to Coaching and Safety (10 points).

Additional Point Opportunities:

- Participation in a national-level coaching workshop (5 points).
- Have a National Referee License (5 points).
- Submit a 10-minute video from a training session showing the introduction of a new technique and coaching skills (10 points).
- Coaching at a club or school for one year (10 points).
- Attendance at the UWW Technical Course for Coaches Level 1 (In-Person) (10 points).



Assessment & Certification

- Certificates should be submitted for all courses completed.
- Completed and signed documentation for the completion of activities from the National Federation.
- Coaching Certificate from the National Federation.

Level 2: Development Coach (Intermediate Level)

Target Audience: Coaches working with competitive youth wrestlers or school teams.

Objectives

- Develop a deeper understanding of technical and tactical wrestling concepts.
- Learn athlete development principles, strength and conditioning basics.
- Enhance coaching strategies for skill acquisition and competition preparation.

Requirements (Minimum 60 points)

Mandatory Courses (15 Points):

- Completion of UWW Academy Introduction to Practice Plans (7 points).
- Completion of UWW Academy Online Rules Test (8 points).

Additional Point Opportunities:

- Attendance at a regional or national wrestling coaching seminar (5 points).
- Submit a Training Session Plan with a video demonstration (10 points).
- Have a National Referee License and Referee at a National Competition (10 points).
- Minimum of 3 years of coaching experience at a club or school level (10 points).
- Wrestlers achieving top 3 placement at national tournaments (15 points).
- Mentorship under a senior coach (5 points).
- Attendance at the UWW Technical Course for Coaches Level 2 (In-Person) (10 points).

Assessment & Certification

- Certificates should be submitted for all courses completed.
 - Submission of a training session plan and video demonstration.
 - Completed and signed documentation from the National Federation.
 - Practical evaluation by senior coaches or federation representatives.
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Level 3: Performance Coach (Advanced Level)

Target Audience: Coaches training elite youth or national-level competitors.

Objectives

- Master advanced technical and tactical applications in Olympic wrestling.
- Implement periodization and advanced conditioning techniques.
- Develop strategies for mental preparation, match analysis, and opponent scouting.

Requirements (Minimum 90 points)

Mandatory Courses (35 Points):

- UWW Academy Introduction to Periodization (9 points).
- UWW Academy Coaching Philosophy (9 points).
- UWW Academy Programme and Athlete Development (9 points).
- UWW Academy Introduction to Refereeing (8 points).

Additional Point Opportunities:

- Coaching experience at a national or international level for at least 2 years (10 points).
- Participation in high-performance coaching workshops (10 points).
- Match Charting and Analysis (5 points).
- Hold a UWW Referee License (5 points).
- Participating in International Competitions (5 points).
- Participation in Continental Championships (5 points).
- Wrestlers achieving medals at Continental Championships (15 points).
- Presenting at a coaching seminar (5 points).
- Attendance at the UWW Technical Course for Coaches Level 3 and Level 4 (In-Person) (15 points).

Assessment & Certification

- Certificates should be submitted for all courses completed.
- Case study submission on athlete development and competition performance.
- Completed and signed documentation for the completion of activities from the National Federation.
- Coaching Philosophy submitted for review.
- In-person assessment during an international-level competition.



Level 4: Master Coach (Expert Level)

Target Audience: National team coaches, head coaches at elite training centers.

Objectives

- Develop leadership skills and mentor upcoming coaches.
- Contribute to the growth of wrestling through research and program development.
- Implement cutting-edge coaching methodologies and innovation in training.

Requirements (Minimum 120 points)

Mandatory Courses (15 Points):

- Completion of 2 UWW Academy Referee Rules Courses (10 points).
- UWW Academy Developing the Whole Wrestler (5 points).

Additional Point Opportunities:

- Minimum 5 years of coaching at an international level (20 points).
- Published work or contribution to wrestling coaching research (15 points).
- Active role in coach education programs (10 points).
- Submit a periodization plan used prior to a World Championship Event (20 points).
- Sport Psychology Training (10 points).
- Fluent in English (10 points).
- Complete the WADA Coach True Programme (10 points).
- Wrestlers earning medals at World Championship events (30 points).
- Organizing national or international coaching workshops (10 points).
- Attendance at the UWW High-Performance Coaching Course (In-Person) (15 points).
- Completion of additional UWW Academy Referee Rules Courses (5 points)

Assessment & Certification

- Certificates should be submitted for all courses completed.
- Online presentation explaining Periodization Plan and Analysis.
- Completed and signed documentation from the National Federation. Panel evaluation by top wrestling and coaching experts.

Conclusion

This four-level wrestling coach education pathway provides a clear and progressive structure for developing coaching expertise. By integrating UWW Academy courses, practical experience, and high-performance coaching strategies, this model ensures that coaches are well-equipped to train athletes at all levels—from grassroots to Olympic champions. The points-based system allows for flexibility, rewarding both education and coaching success.



Summary: Training Structure by Progression Levels

Level	Title	Estimated Duration	Key Objectives	Competency Blocks Developed
I	Foundational Coach	9-12 Months	Acquiring wrestling and coaching fundamentals.	<ul style="list-style-type: none"> • Basic rules and techniques. • Safe session delivery • Communication and beginner group management. • Coaching in local competitions.
II	Development Coach	12-18 Months	Train young athletes and structure an annual program.	<ul style="list-style-type: none"> • Session planning. • Introduction to physical preparation. • Coaching in national competitions.
III	Performance Coach	18-24 Months	Manage a competitive team and optimize performance.	<ul style="list-style-type: none"> • Annual periodization • Video analysis & match scouting. • Mental preparation and recovery. • Working with interdisciplinary staff. • Coaching in national and international competitions.
IV	Master Coach	24-36 Months	<p>Design and lead a high-performance project (national/international).</p> <p>Mentor other coaches and contribute to sport development.</p>	<ul style="list-style-type: none"> • Staff leadership. • Quadrennial planning • Research, innovation, mentorship. • Training design. • Expertise sharing. • Coaching in international and championships events.

Contact

UWW Development is responsible for all UWW educational programs. Email development@uww.org for further information.





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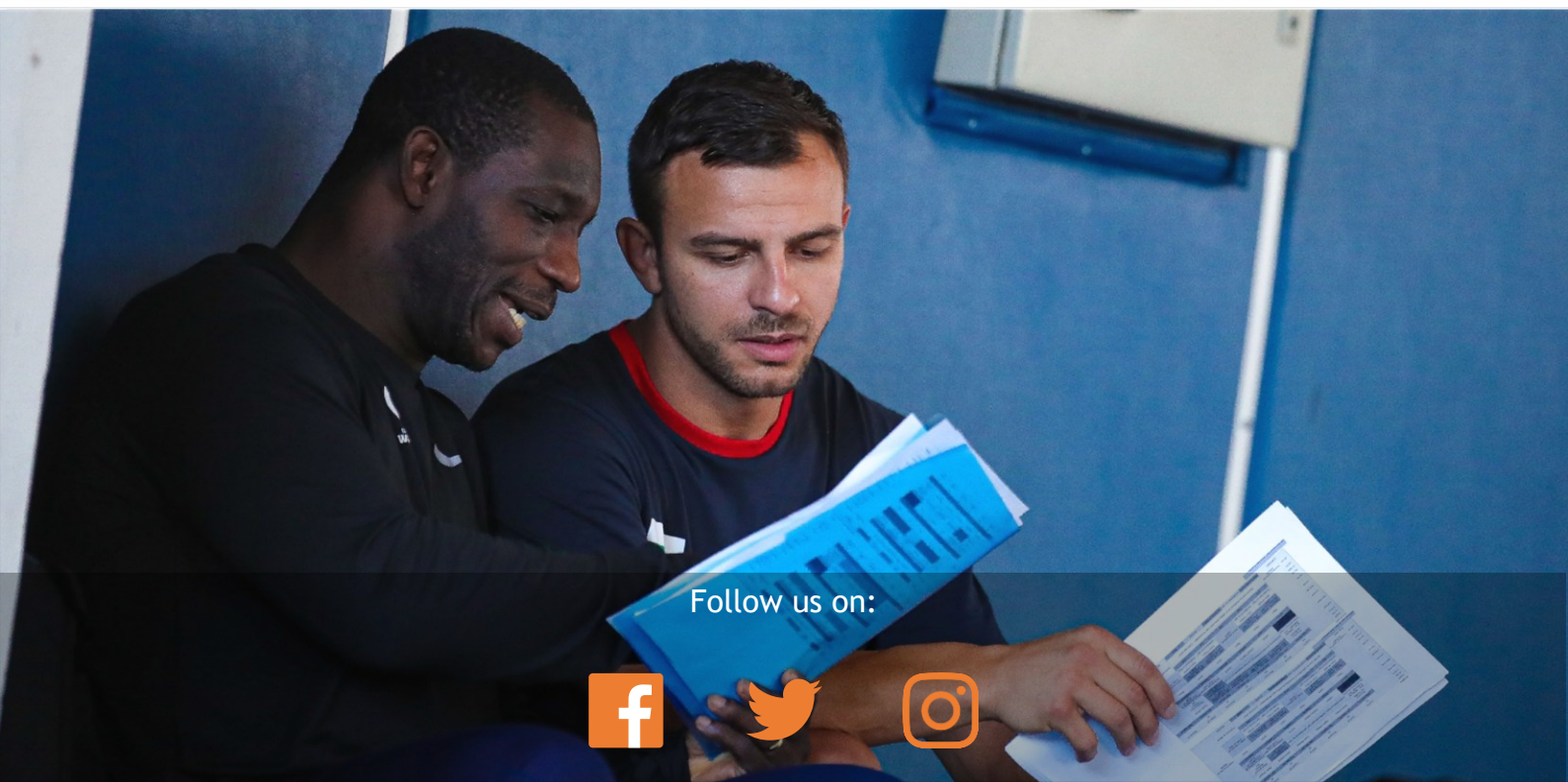
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