

TECHNICAL COURSE FOR COACHES



UNITED WORLD
WRESTLING



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Introduction & General Information

Introduction: Coach education is very important for the growth of wrestling within National Federations. Coaches work directly with the athletes and help them develop as a wrestlers and as individuals. A series of courses were developed to help provide the educational resources to coaches so that they can better improve their skills. Each course will focus on specific topics and are designed to be completed in order. The courses are coach-centred and provide a mix of both theoretical and practical sessions. These courses are part of the Coach Education Programme and are strongly encouraged for all coaches. Only a certificate of completion will be issued to the coaches that successfully complete the course.

Levels: There are 4 standard levels of courses. The first two levels are designed for more general and good for coaches at all levels. The last two levels are more advanced and are designed for more experienced coaches. It is recommended to progress through the courses in order. However, the order is not mandatory. National Federations can request the course level that best fits the needs of the participants.

Length of Courses: The courses are 4-5 days in length with approximately 7 hours of instruction per day. The schedule for the course will be designed in collaboration with the Federation, Development Department, and Educator. The courses are flexible and will be designed to meet the needs of participants and Federation.

Collaboration: It is encouraged to also conduct a referee course alongside the coaching courses. It is recommended that during the course that the coaches and referees work together. This allows the coaches to better understand the rules of wrestling and how to apply them to their coaching.

Recommended Items for Courses:

- Projector/Big TV
- Internet
- Classroom for Theoretical Sessions
- Wrestling Mats for Practical Sessions
- Tables (sit 4 participants per table)
- Chairs
- Flip Charts/Paper and Stands
- Markers
- Paper and Pens for Participants

Assessments: The participants will be assessed throughout the course and provided individual feedback from the educator. The participants will complete multiple practical sessions and will be evaluated based on their performance. They will also be given a written exam at the end of the course.

Certification: The participants will receive a certificate of completion for successfully completing the course. These courses will count as points toward the UWW Coach Education Programme.



Course Overview

Level 1 - Introduction to Coaching and Safety

Overview: This is an introductory course designed to help coaches establish the foundational skills needed to work with athletes. Participants will learn how to communicate effectively with all levels of wrestlers and especially young wrestlers. This interactive course will mix theoretical and practical sessions. The practical sessions will allow the coaches to directly implement the skills they are learning. The educator delivering the course will provide direct feedback to the coaches on how to improve their coaching skills.

Goal: At the end of the course, the coaches will know how to introduce and teach new techniques, implement discovery games, provide quality feedback to their athletes, and how to apply risk management skills during before, during and after training sessions.

Content: This course focuses on the “how to coach” during sessions. The content for the course includes:

- Assessing and managing risk
- Identifying key factors in technical actions
- Introducing new techniques
- Coaching skills to improve performance
- Implementing and designing discovery games
- Introduction to Wrestle4Fun
- Coach’s role in youth sports
- Strategies for coaching different age groups
- Anti-doping & Athlete safeguarding

Level: This is an introductory course designed for new or young coaches. This course should also be completed by coaches, of any level, that are coaching young wrestlers.

Recommended Online Training: Prior to the course, it is strongly recommended that the participants complete the following online courses on the UWW Academy.

- Introduction to Coaching and Safety
- Online Rules Test

Level 2 - Introduction to Practice Planning

Overview: Coaches have a limited time with their athletes. As a result, they must maximize their time at the training sessions. This course is designed to provide strategies for how to effectively plan practice. Coaches will learn a framework for designing training sessions along with activities that can be implemented during those sessions. They will also investigate the basic skills of wrestling and why those are important to include in the training. The coaches will also get an introduction to performance analysis and how that can be used to design practices.

Goal: At the end of the course, the participants will be able to design and implement training sessions. They will also be able design a series of practice plans, evaluate wrestlers and create strategies for improvement, and integrate strength and conditioning into training sessions.

Content: This course focuses on planning different types of training sessions. The content of the course includes:

- Seven basic skills of wrestling
- Introduction to performance analysis
- Designing sessions from performance analysis
- Theoretical framework to planning
- Practice plan essentials
- Strength and conditioning plans
- Nutrition and weight management plans
- Mental development of wrestlers
- Sustainability and environmental impact

Level: This is an introductory course that is designed for new or young coaches. This is also a good review for experienced coaches that want to maximize their training sessions and add more training concepts.

Recommended Online Training: Prior to the course, it is strongly recommended that the participants complete the following online courses on the UWW Academy.

- Introduction to Practice Planning
- Evaluation of Holds

Level 3 - Periodization and Coaching Philosophies

Overview: Coaches that are working towards high-level competition must structure their practices so that they develop their athlete to peak at the correct time. One of the main areas of focus in this course is the introduction to periodization. Periodization is the designing of training sessions in a system to achieve maximum results. The participants will learn the different types of periodization processes and the training phases in the plans. The second focus in this course is helping coaches develop a coaching philosophy. A coaching philosophy is document that outlines what the coach believes and how they want to train their wrestlers. This document guides how practices will be designed and implemented by the coach. The participants will learn the process for creating an effective coaching philosophy.

Goal: At the end of the course, the participants will be able to design and implement sessions based on specific parts of a periodization plan. The participants will create a working coaching philosophy that they can use with their athletes.

Content: This course goes into more detail on how to design training sessions. The content of the course includes:

- Periodization basics and training phases
- Coaching philosophy
- Leadership styles
- Periodization models
- Step-loading in training
- Nutrition and training
- Creating a vision
- Strategies for coaching at a competition
- Wrestling rules and scoring

Level: This is an advanced course for experienced coaches that have had experience designing training sessions.

Recommended Online Training: Prior to the course, it is strongly recommended that the participants complete the following online courses on the UWW Academy.

- Periodization in Planning
- Coaching Philosophy Development
- Evaluation of Takedown and Control

Level 4 - Program and Athlete Development

Overview: Head coaches have to be able to coordinate and lead many parts of their programme. One of the areas is develop a yearly training plan for their wrestlers. Training plans outline the goals and objectives for the year, how the wrestlers will train during each phase, and where they will compete. During the course, the coaches will be answer key questions and developing a training plan that can be used for their athletes. Coaches will also look at key areas of running a programme. These will include how to utilize social media, develop and manage a budget, create training camps, and creating athlete support. The on mat practical sessions will provide opportunities for the coaches to share and learn techniques from others and will focus on developing chain wrestling concepts.

Goal: At the end of the course, the coaches will have a template of a yearly training plan that they could implement with their wrestlers. They will also have strategies for how to manage and run their club or team.

Content: This course goes in detail on the planning of a yearly training plan. The content of the course includes:

- Setting goals
- Competition/Wrestler/Team profiles
- Setting a competition calendar
- Determining a periodization module
- Monitoring and evaluating plans
- Creating a training camp
- Developing a team/club programme
- Competition manipulation

Level: This is an advanced course for experienced coaches that are or will be leading clubs and teams.

Recommended Online Training: Prior to the course, it is strongly recommended that the participants complete the following online courses on the UWW Academy.

- Programme Development
- Understanding and Developing the Whole Wrestler
- Evaluation of Out of Bounds
- Evaluation of Attack and Counterattack Situations

High-Performance Coaching Course

This is the most advanced course that can be organized by request only. This is for national federations who are performing well at the continental and/or world championship events and are looking to improve in specific areas. This course will be individually designed based on the needs of the National Federation. The course will include experts from the Scientific Commission, Referee Commission, technical experts in the specific wrestling styles, and UWW certified educators.

Beach Wrestling Coaching Module

Beach wrestling is a growing style in UWW. This module provides training to coaches that are interested in developing beach wrestling. This module could be paired with one of the Level 1 through Level 4 courses. During this module, coaches would learn the differences between the Olympic styles and beach wrestling, scoring of techniques, and how bouts are conducted. It is strongly recommended that participants complete the two Beach Wrestling courses on the UWW Academy. National Federation interested in adding this module to their course would need to communicate that in their application.



Funding of Courses

Funding

Technical Courses for Coaches in Wrestling can be organized upon request by a National Federation. Currently there are 3 ways of funding a UWW TCC:

- **Olympic Solidarity Technical Course for Coaches**
This type of course is financially supported by Olympic Solidarity via your National Olympic Committee
- **Self-Funded National Course**
The hosting National Federation covers all costs related to the course, including the UWW Educators' travels and standard per-diems.
- **UWW Funded Course**
UWW covers the costs of the assigned Educators, including their international travels and per-diems. Local organizing federation covers all local cost related to this course, including the accommodation of the UWW Educator.

About UWW Educators

UWW Educators are a group of high-level coaches and referees from around the world. They are endorsed by either their National Federation, the UWW Continental Councils or the UWW Coaches' or Refereeing Commissions. They are the main force conducting the UWW educational courses worldwide.

All the UWW Educators have attended and successfully passed the Educator Course with a sound understanding of the required pedagogical approach and can deliver the courses' content in a dynamic and interactive way.

Most of the UWW Educators are active in their profession, and that allows for an enhanced experience of the participants through real-world examples.

More information about UWW Educators can be found on United World Wrestling Academy's site at <https://academy.uww.org>.

Language

The UWW Educators come from various backgrounds and can accommodate a variety of different languages for the courses. All major languages are covered: English, French, Spanish, Russian, and Arabic. Other languages are also available upon request.

Contact

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





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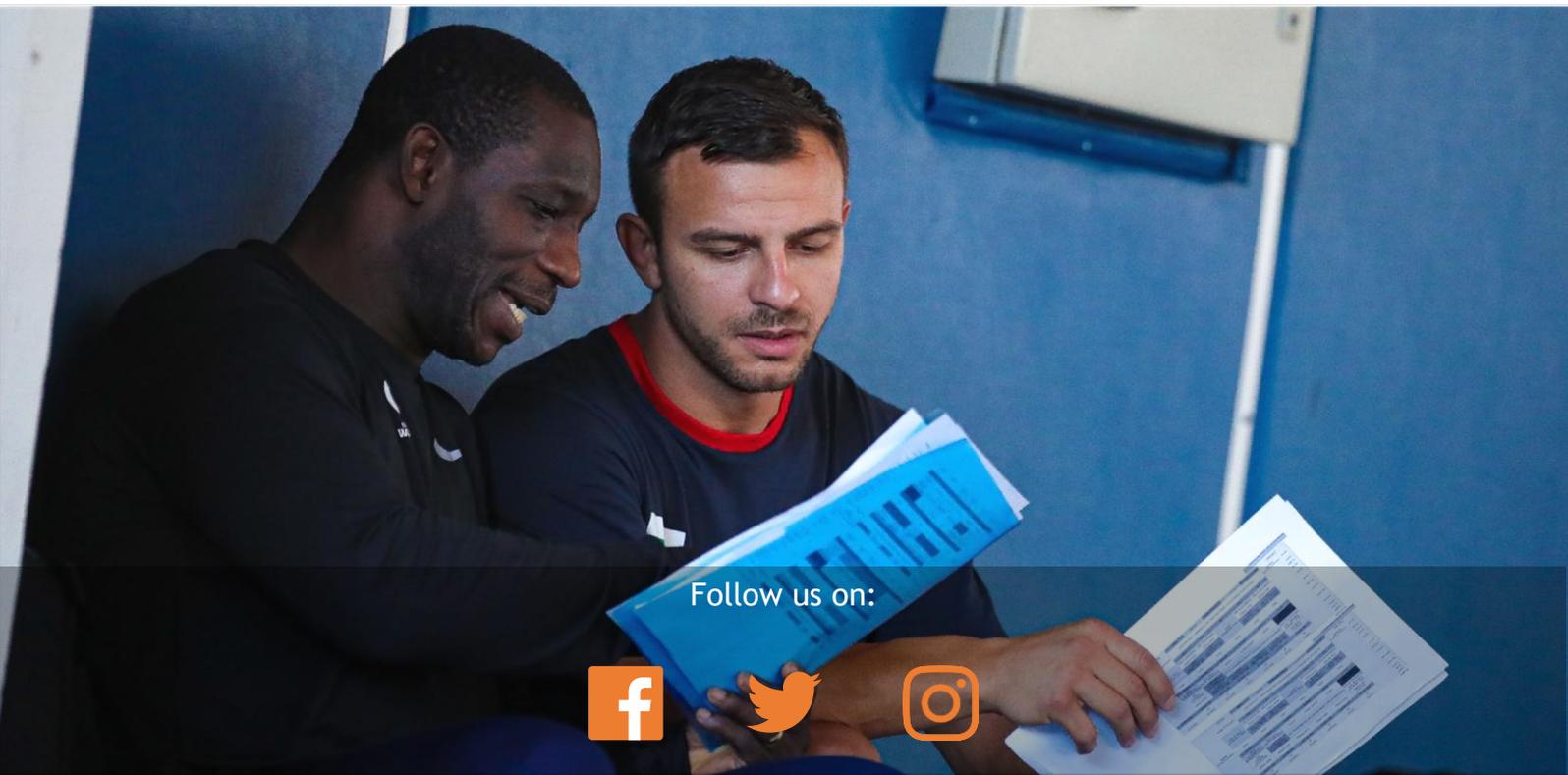
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