

# TECHNICAL COURSE FOR COACHES

---



UNITED WORLD  
WRESTLING



# Content

---

Introduction & Outline.....	2
Course Overview.....	3
Level 1 - Introduction to Coaching and Safety .....	3
Level 2 - Introduction to Practice Planning .....	4
Level 3 - Periodization and Coaching Philosophies .....	5
Level 4 - Program and Athlete Development .....	6
High-Performance Coaching Course.....	7
Beach Wrestling Coaching Course .....	7
Length of Courses.....	8
Evaluation & Assessment .....	8
Pre-course Requirements.....	9
Organization of the Technical Courses for Coaches .....	10
About UWW Educators .....	11
Language.....	11
Contact .....	12

# Introduction & Outline

---

**Introduction:** While wrestling has many different areas of focus, one of the most important is the role of the coach. Coaches directly work with athletes and can have a profound impact. A coach's role consists in helping make the best of an athlete's potential and making them successful both on and off the mat. Consequently, the Development team has created coaching courses to better help prepare coaches. These courses are not a part of a UWW coaching licensing program. Only a certificate of completion will be issued to coaches that successfully complete the course.

**Goal:** To equip coaches with the skills and knowledge necessary to improve their professional competency. This will be done through courses that provide interactive learning. All courses will be coach-centred and coaches will, at first, practice their skills and then be directed to discuss, share, evaluate, and reflect upon their experience.



# Course Overview

---

## Level 1 - Introduction to Coaching and Safety

For coaches to be successful, they must have good foundation skills. This course is designed to help the participants improve these basic and important coaching skills. Topics will include best practices for introducing skills, breaking down those skills into teachable learning points, and providing feedback and reinforcement when coaching athletes. The course will also focus on improving communication skills and how to reach a better comprehension through questioning. Another important topic discussed and practiced will be how to implement discovery games, based on the approach of Teaching Games for Understanding, in training. This concept along with others will be practiced by the coach through interactive activities.

This course will also cover the concept of risk assessment. The coach's prime responsibility is to ensure the safety of the athletes. Participants will learn how to identify, assess, and manage risk before, during, and after training. The course will help them to provide strategies on how to reduce risk and help maintain a safe and healthy environment.

## Level 2 - Introduction to Practice Planning

Coaches often have limited time with their athletes, and it is important to maximize their training. An important skill for coaches is the ability to plan effective practices. This course will provide a foundation for how to create practice plans. Topics will include the theoretical framework needed for all plans, different activities that can be used at practice, and how to reduce risk with proper planning. This course will allow the participants to plan actual practices and implement them through microteaching sessions.

Participants will not only learn how to plan out wrestling training but will also develop plans for strength and conditioning. This course will also discuss and provide examples of the 7 basic skills of wrestling and how those may be implemented into training sessions.

This course will also look at other training topics. One area discussed will be weight management, the correct process for weight reduction, and the importance of a proper diet. Another topic will include an introduction to the mental training of the athletes. For wrestlers to flourish and develop as individuals, coaches must provide proper training of the growth mindset.

### Level 3 - Periodization and Coaching Philosophies

This course is more advanced and will focus on two main areas, the first of which is the implementation of periodization in training. The course will look at the different training phases that occur during a training cycle. The participants will learn the different ways in which periodization can be implemented into training and will work on training sessions that meet the goals of each training phase. Coaches will not only plan but also implement these training plans during microteaching sessions.

The second focus of the course will be on developing a coaching philosophy statement. The participants will examine how their core values, purpose, and coaching style can be integrated into their written statements. The coaching philosophy they develop during the course will help guide them in their conducting and planning of practices and the development of leadership skills.

Also, this course will investigate how video analysis can be used to establish goals and integrate them into practice plans. The participants will also learn strategies for coaching at a competition. This will include tactics to use before, during, and after the bouts. This course will also examine the ways to get athletes to believe in the overall training program.

## Level 4 - Program and Athlete Development

This is a more advanced course that will be divided into two parts. The first part and first half of the week will be spent on developing a Wrestling Training Plan (WTP). This will be a printed document that will be completed by the end of the course. The participants will be setting goals, developing a competition profile, developing a wrestler/team profile, competition calendar, determine the phases and subphases in the plan, type of periodization model, and how to monitor and evaluate the plan. The participants will also learn how to develop a training camp.

The second part will focus on developing different areas of their programme and athletes. These topics will include developing a budget and understanding financial basics, embracing social media, athlete mental preparation, leadership skills, improving communication, competition manipulation, athlete safeguarding, and sustainability. These topics will have specific activities that will help them learn and implement the skills.

During the course, the participants will be leading practical sessions on developing chain wrestling techniques. These are advanced technical combinations that wrestlers could use to be successful. The participants will be delivering sessions to the other participants. They will also be physically active during this part of the course as they will be actively practicing these new skills.

## High-Performance Coaching Course

This is the most advanced course that would be offered. 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 Course

Beach wrestling is beginning to grow around the world. There are more federations starting beach wrestling programmes. This course would be paired with one of the Level 1 through Level 4 courses. The theoretical content of the courses would be the same as before. The difference would be in technical and practical activities during the course. These would focus on beach wrestling and not the current Olympic styles. National Federation interested in this type of course would need to communicate that in their application.



## Length of Courses

The standard duration of each of the UWW Technical Course for Coaches is 5 days, with 7 hours of instruction per day. Depending on the level of the participating coaches, this time frame may be adjusted.

## Evaluation & Assessment

Each course will include a variety of evaluations and assessments to help ensure that the participants learn and retain the main concepts of each course. First, educators and participants will provide feedback during each of the sessions. Next, the participants will demonstrate their understanding of the application of the key learning points through microteaching sessions. During these sessions, educators will evaluate each participant and provide constructive feedback to ensure the progress of each coach.



# Pre-course Requirements

Coaches who are planning to take part in a UWW Technical Course for Coaches are encouraged to complete the following supplementary studies online prior to the course:

	Ready to Wrestle	Online Rules Test	Introduction to Coaching and Safety	Introduction to Practice Planning	Periodization and Coaching Philosophy	Program and Athlete Development
Level 1	✓	✓	✓			
Level 2	✓	✓	✓	✓		
Level 3	✓	✓	✓	✓	✓	
Level 4	✓	✓	✓	✓	✓	✓

**Source:** United World Wrestling Academy (<https://academy.unitedworldwrestling.org>)

# Organization of the Technical Courses for Coaches

---

## 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 our National Olympic Committee  
(see [https://cdn.uww.org/s3fs-public/2021-06/technical\\_courses\\_for\\_coaches.pdf?VersionId=pVKAs2Vfk.4j44EG4m0s4cleEvl2Y.2J](https://cdn.uww.org/s3fs-public/2021-06/technical_courses_for_coaches.pdf?VersionId=pVKAs2Vfk.4j44EG4m0s4cleEvl2Y.2J) for details)
- 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.unitedworldwrestling.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](mailto:development@uww.org) for further information.





UNITED WORLD  
**WRESTLING**

### United World Wrestling

Rue du Chateau 6, 1804 Corsier-sur-Vevey - SWITZERLAND

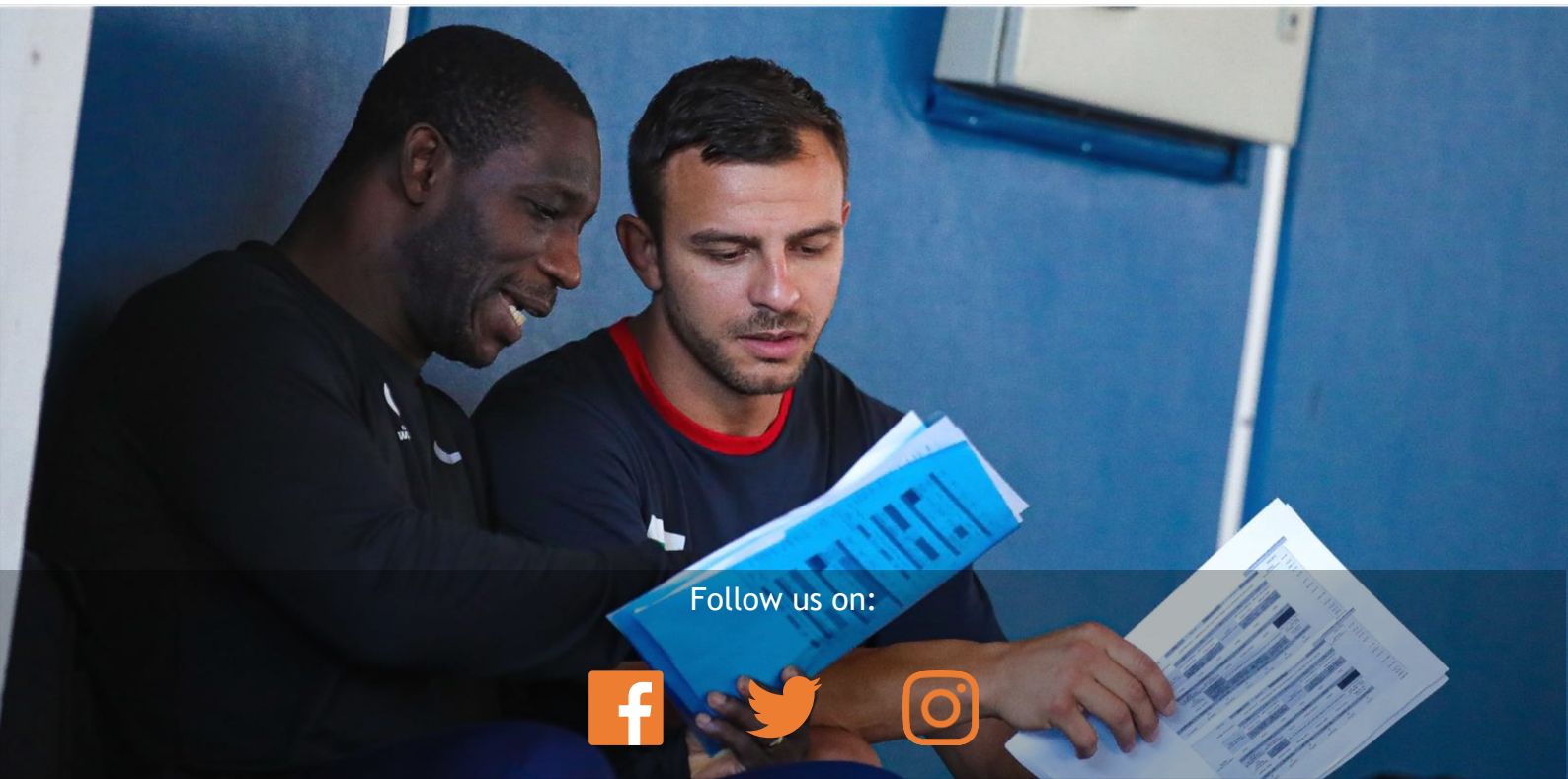
TEL: + 41 21 323 60 92

FAX: + 41 21 323 60 73

Email: [development@uww.org](mailto:development@uww.org)

Website: <https://unitedworldwrestling.org>

Academy: <https://academy.unitedworldwrestling.org>



Follow us on:



All rights reserved

2023