



Fundamentals of Coaching Wrestling

Available at www.nfhslearn.com

Fundamentals of Coaching Wrestling course was developed in partnership with the National Wrestling Coaches Association (NWCA). It provides a curriculum on essential wrestling coaching techniques and methods for interscholastic teacher/coaches. This course also shares effective practice preparation and approach for competition. The extensive resources section includes additional information on recruitment, retention, safety, developing and planning training sessions and seasons, starting team selection, and much more.



This course fulfills the sport-specific requirement of the NFHS National Coach Certification Program

Developed by:



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