



Fundamentals of Coaching Wrestling

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COURSE DESCRIPTION

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.



Developed by:
National Wrestling
Coaches Association

Unit Overview

- Unit 1: Risk Management
- Unit 2: Basic Skills of Wrestling
- Unit 3: Practice Preparation
- Unit 4: Training and Competition Approach
- Unit 5: Attacks
- Unit 6: Counterattacks
- Unit 7: Bottom Position
- Unit 8: Top or Control Position

Engaging Effectively with Parents

- Provides teacher/coaches with information and strategies to enhance their relationships with the parent.

NFHS First Aid For Coaches

COURSE DESCRIPTION

- Designed to help coaches, athletic trainers and other participants identify and eliminate potentially hazardous conditions in various sports environments, as well as recognize emergencies and make appropriate decisions for first-aid care. Meets first-aid requirements mandated for coaches and athletic trainers.
- Certified by the American Red Cross.