



Coaching Wrestling

Coaching Wrestling, developed by the NFHS in partnership with the National Wrestling Coaches Association, provides a unique student-centered curriculum in essential wrestling coaching techniques and methods for interscholastic teacher/coaches. This course shares practical methods for increasing student participation through effective feedback and stress reduction.



Course Objectives

- How to minimize safety risks to athletes in practice and competition
- Learn basic skills and wrestling terminology – stance, motion, changing levels, a position and b position, penetration, lifting and driving
- Drills and stretches for warm-up and practice preparation
- Develop a positive approach to training and competition
- Learn and apply the concept of “total wrestling”
- Learn positioning and movements for attacks and counterattacks
- How to wrestle from the bottom position
- How to wrestle from the top or control position

Units

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| ■ Risk Management | ■ Attacks |
| ■ Basic Skills of Wrestling | ■ Counter Attacks |
| ■ Practice Preparation | ■ Bottom Position |
| ■ Training and Competition Approach | ■ Top or Control Position |

More

- Unlimited access to course & resources for one year from date of purchase
- Use to fulfill  or  certification requirements
- Approved by NFHS for 5 course clock hours

More Information at nfhslearn.com!