



Coach Education
www.nfhsllearn.com



Coaching Wrestling

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

Unit 1: Risk Management

- Introduction
- Pre-season
- In-season
- Handling Injuries

Unit 2: Basic Skills of Wrestling

- Basic Skills of Wrestling
- Verbal Cues

Unit 3: Practice Preparation

- Practice Preparation & Warm-up

Unit 4: Training & Competition Approach

- Overall Approach
- Total Wrestling

Unit 5: Attacks

- Types of Attacks
- Positions to Attack
- Transitions from Attacks
- Positions and Movements

Unit 6: Counter Attacks

- Level 1
- Level 2
- Level 3
- Transitions from Counterattacks
- Positions and Movements

Unit 7: Bottom Position

- Bottom Position
- Reversals
- Transitions from Reversals
- Positions and Movements
- Escapes
- Transitions and Escapes
- Movements
- Counterattacks
- Positions and Movements

Unit 8: Top or Control Position

- Top or Control Positions
- Pinning & Nearfall Combinations
- Breakdowns
- Counterattacks
- Positions and Movements

Resource Summary: Recruitment & Retention; Teaching Fundamentals & Skills; Retention; NWCA Skin Infection Webinar; NFHS Wrestling Rules for Appearance & Health; Developing a Training Session; Planning a Season of Training; Principles in Scheduling Competition; Starting Team Selection; Example Protocol for Conducting Ranking & Challenge Bouts; Assessment & Evaluation; NWCA Scholastic Resource Manual Sample Yearly Training Plan; and Wrestler Performance Evaluation Form