



UNITED WORLD WRESTLING

Norway 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 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.

Tentative Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5
Main Topics	<ul style="list-style-type: none"> ➤ Risk Assessment ➤ Introduction to Discovery Games 	<ul style="list-style-type: none"> ➤ Using Key Factors to Introduce New Skills ➤ Coaching Skills 	<ul style="list-style-type: none"> ➤ Coaching Skills to improve learning ➤ Coach's Role in Youth sports 	<ul style="list-style-type: none"> ➤ Application of Coaching Skills ➤ Athlete Safety and Safeguarding ➤ Anti-Doping 	<ul style="list-style-type: none"> ➤ Athlete Safeguarding ➤ Wrestling Rules ➤ Working with Coaches
Morning	<ul style="list-style-type: none"> • Theoretical Session • Introduction • Hopes & Fears • Course Objectives • Risk Assessment and Safety 	<ul style="list-style-type: none"> • Theoretical Session • Identifying Key Factors • Using Key Factors to explain Basic Skills • Improving Communication • Introducing new skills 	<ul style="list-style-type: none"> • Theoretical Session • Checking Comprehension • Coaching skills to improve • GROW Model for coaching 	<ul style="list-style-type: none"> • Coach's Role in Youth Sports • Strategies for coaching different age groups • Athlete Safety – weight management & first aid • Anti-Doping 	<ul style="list-style-type: none"> • Scoring Game Review • Out of Bounds Situations • Risk vs No Risk Situations • Attack vs Counter-Attack Situations • Athlete Safeguarding • One Group Coaches & Referees Together
Afternoon	<ul style="list-style-type: none"> • Practical Session • Practical #1 – Initial Assessment – Wrestling Skill • Practical #2 – Discovery Games 	<ul style="list-style-type: none"> • Practical Session • Practical #3 Discovery Game P2 • Technical Session 	<ul style="list-style-type: none"> • Practical Session • Practical #4 – Teaching a new skill (Coaching Skills) • Technical Session 	<ul style="list-style-type: none"> • Practical Session • Practical #5 – Teaching a new skill – part 2 • Technical Session 	<ul style="list-style-type: none"> • Practical – On the mat • Controlling the Bout • Simulated Matches • Course Evaluation • Certificate Presentation



UNITED WORLD WRESTLING

Introduction to Refereeing Course

This introductory course focuses on the basics of the refereeing and provides a good foundation of refereeing skills. This course will have theoretical and practical sessions that will cover many topics. The participants will learn the safety of athletes, evaluation of holds, proper referee mechanics, movement in the match, controlling the bout, and referee team duties. The practical sessions will have the participants refereeing simulated matches. This way they are able to practice their skills directly. This course is not intended to provide a UWW referee license but to act as a foundation to apply for such a license in the future.

Tentative Schedule

	Day 1	Day 2	Day 3
Main Topics	<ul style="list-style-type: none"> ➤ Core Competencies ➤ Referee Team Duties ➤ Using Paddles and Bout Sheets 	<ul style="list-style-type: none"> ➤ Referee Mechanics ➤ Referee Positioning ➤ Controlling the Bout 	<ul style="list-style-type: none"> ➤ Evaluating Critical Scoring Positions ➤ Athlete Safeguarding ➤ Working with Coaches
Morning	<ul style="list-style-type: none"> • What does a good referee look like? • Core Competencies • Scoring Review Challenge • Self-Reflection • Referee Team Duties • Rules Review • Using Paddles • Filling out Bout Sheets • Determining the Winner 	<ul style="list-style-type: none"> • Review Videos from Previous Day • Communicating as a Referee • Proper Hand Signals • Clock and Time Management • Handling Unsporting Behaviors • Maintaining the Safety of the Athletes • Anticipating Actions and Movement • Referee Position during a Bout • Evaluating a Match 	<ul style="list-style-type: none"> • Scoring Game Review • Out of Bounds Situations • Risk vs No Risk Situations • Attack vs Counter-Attack Situations • Athlete Safeguarding • One Group Coaches & Referees Together
Afternoon	<ul style="list-style-type: none"> • Practical – On the Mat • Safety of the Athletes • Starting and Ending Matches • Simulated Matches 	<ul style="list-style-type: none"> • Practical – On the Mat • Par Terre Starts • Referee Position and Mechanics • Simulated Matches 	<ul style="list-style-type: none"> • Practical – On the mat • Controlling the Bout • Simulated Matches • Course Evaluation • Certificate Presentation