



# Coaching Course - Level 1

## Learning Outcomes and Schedule Outline

Specific Learning Outcomes of the Course. At the end of the course, the participants will be able to:

Learning Outcomes	Day 1	Day 2	Day 3	Day 4
Explain the stages and background of <b>Coaches Education Pathway</b> and Level 1 contents.	<input type="checkbox"/> Introduction to the Coaches Pathway			
Assess <b>safety</b> risks and to make decisions to minimize those by using an Assessment Checklist.	<input type="checkbox"/> Risk Assessment checklist & matrix			
Introduce the <b>Level 1 Curriculum basic wrestling skills</b> and its concrete key factors.		<input type="checkbox"/> Skills Introduction Model <input type="checkbox"/> Key Factors of Standing Moves	<input type="checkbox"/> Key Factors of Basic Par-terre Moves	
Facilitate learning of fundamentals by using the <b>Discovery Games approach</b> .	<input type="checkbox"/> Discovery Games			
Teach <b>basic acrobatic moves</b> through progressive steps.				<input type="checkbox"/> Acrobatic moves progression
Coach wrestling by a set of <b>coaching skills</b> to improve wrestler's learning experience.		<input type="checkbox"/> Coaching Skills (diagnosis)	<input type="checkbox"/> Positive Feedback & Reinforcement	<input type="checkbox"/> Awareness: how a model coach looks like

## MODEL SCHEDULE

TIME TABLE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
9:00 - 9:15 am	Opening ceremony	Reminder of Day 1 learnings	Reminder of Day 2 learnings	Reminder of Day 3 learnings	Final Examination preparations
9:15 - 11:00 am	<input type="checkbox"/> Introduction to the United World Wrestling's Coaches Pathway (9:15 - 10:15) <input type="checkbox"/> Risk Assessment (10:15 - 11:00 am)	<input type="checkbox"/> Key Factors of Standing Moves	<input type="checkbox"/> Coaching skills to improve the learning experience	<input type="checkbox"/> How a model coach for beginners looks like	Final Examination and wording of the final Self-Reflection
11:00 - 11:15 am	<i>Coffee Break</i>	<i>Coffee Break</i>	<i>Coffee Break</i>	<i>Coffee Break</i>	
11:15 am - 1:00 pm	<input type="checkbox"/> Discovery Games for Wrestling Fundamentals: understanding the model	<input type="checkbox"/> Introducing Wrestling Skills	<input type="checkbox"/> Key Factors of Par-terre Moves	<input type="checkbox"/> Acrobatic moves progressions	
1:00 - 2:30 pm	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
2:30 - 4:00 pm	<input type="checkbox"/> Discovery Games for Standing Fundamentals	<input type="checkbox"/> Coaching Standing Moves	<input type="checkbox"/> Coaching Par-terre Moves		Face to face final review
4:00 - 4:15 pm	<i>Coffee Break</i>	<i>Coffee Break</i>	<i>Coffee Break</i>	<input type="checkbox"/> Micro teaching final practice <input type="checkbox"/> Overall Wrap up	
4:15 - 5:30 pm	<input type="checkbox"/> Discovery Games for Par-terre Fundamentals	<input type="checkbox"/> Coaching Standing Moves (continuation)	<input type="checkbox"/> Coaching Par-terre Moves (continuation)		Final Wrap up and Attendance Certificates Ceremony
5:30 - 6:00 pm	Wrap up of the day 1	Wrap up of the day 2	Wrap up of the day 3	Final Examination Instructions	