

National Coaching Certification Program
Wrestling L-3 Technical Course

A Level 3 Technical course is scheduled for Fall 2004 as follows:

Date: Saturday, December 11 - 9:00-4:30 PM
Sunday, December 12 - 9:00-4:00 PM

Location: Room 164.16 and Wrestling Room
Centre for Kinesiology Health and Sport, University of Regina

L-3 Technical includes classroom and mat sessions

Wrestling Level - 3 Technical emphasizes the development of a **yearly training program**. The course sections include: physical preparation, psychological preparation, periodized training programs, and technical skills (reaction wrestling, situation wrestling, and advanced takedown skills).

Cost: \$ 60.00 (includes manual)

Contact below to register or for more information before **December 3:**

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National Coaching Certification Program

Wrestling Level 3 - Technical

Room 164.16 and Wrestling Room
Centre for Kinesiology, Health and Sport, University of Regina
Course Outline

Saturday, December 11

- 9:00 - 10:00 Introduction/Periodization/Yearly Planning Instrument
- 10:00 - 11:00 Physical Preparation (Review L-2 Technical Principles)
- 11:00 - 12:00 Nutrition and Weight Loss/Dehydration

- 1:00 - 1:30 Psychological Preparation - 5 Stage Progression Model
- 1:30 - 2:00 Developing A Positive Environment/Emotional Control
- 2:00 - 3:00 Attentional Control/Pre-competition and Competition Strategies
- 3:00 - 4:30 Reaction Wrestling (Chapter 1 - L-3 Technical Manual)

Sunday, December 12

- 9:00 - 10:00 Technical Skill Development/Analysis of Skills
- 10:00 - 11:00 Situation Wrestling (Chapter 2 - L-3 Technical Manual)
- 11:00 - 12:00 Back Bending Throws (Chapter 3 - L-3 Technical Manual)

- 1:00 - 1:30 Techniques/Tactics/Strategies - Scouting/Video Analysis
- 1:30 - 2:00 Tapering/Peaking/Overtraining
- 2:00 - 3:00 Yearly Planning Instrument - Yearly Training Program
Periods/Phases - Skill Preparation/Physical Preparation/
Mental Preparation
- 3:00 - 4:00 Wrap-up - Complete YPI - Yearly Training Program

Note: If you have previously completed **NCCP L-3 Theory**, please bring your **Yearly Planning Instrument**. It will serve as a model for the YPI you must develop in this course. It will also save you some time and make your work much easier.