



Coaches Academy

## Practice Syllabus

### *Coaching With Character*

#### **Description:**

Wrestling With Character's Coaching Academy provides the foundation for all of our programs. Our coaching program is designed to thrive based off of principles such as collaboration, trust, and communication. This framework helps us convey a consistent philosophy for all Wrestling With Character programs and teams.

#### **Philosophy:**

Having a unified, consistent coaching methodology is critical to the success of Wrestling with Character's vision. We will work together towards the same goals, guided by the same mission, principles, values and teaching methods. This coordinated approach will benefit our parents, athletes and coaches at every level.

#### **Curriculum and Technique:**

It is important that all of our coaches agree and understand the curriculum technique and wrestling philosophy for their program. By providing our athletes consistent terminology and philosophies, we will accelerate their learning and trust in our system.

#### **Expectations and Responsibilities:**

including but not limited to

- adherence to all CWC Code of Character policies
- attendance at Wrestling With Character Coaches Academy meetings
- implement weekly practice plans
- attend all scheduled practices, competitions and team functions
- assist with team organization for all scheduled practices and competitions
- ongoing, active communication with parents, athletes, coaching staff and WWC Director of

Coaching



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## Practice Discipline:

*An Opportunity - to shape a young child's character*

give an official "warning"

**Strike 1** - inform athlete of rule infraction and document 1st strike

**Strike 2** - inform athlete of rule infraction, document 2nd strike and place athlete in 5 minute time-out

Coach should specifically address previous rule infractions with athlete and for to resolve any lingering conflicts for a successful return to practice.

**Strike 3** - inform athlete of rule infraction and document 3rd strike, inform athlete and parent of dismissal from remainder of practice, discuss follow-up plan with parent if appropriate

- Coaches may use any number of unofficial warnings between strike levels at their own discretion based off of infraction frequency, behavior history, and seriousness of offense.
- Practice discipline is consistent across all programs.
- We do not condone physical exercise as a form of punishment.

## Practice Rules

*Emphasize Respect - must give it to get it, for coaches, teammates, parents, self*

1. No talking when coaches are talking. Raise hand to be addressed.
2. Keep hands and feet to yourself unless engaged in a wrestling drill.
3. Wrestlers should stand or take a knee during coaching instruction. Wrestlers should be watching attentively during all instruction.

## Practices

The USA Wrestling games approach...emphasizes learning what to do first, then how to do it. Moreover, the games approach lets kids discover what to do in competition not by your telling them, but by experiencing it. It is a guided-discovery method of teaching that empowers your kids to solve the problems that arise in a match, which is a large part of the fun in learning.

- All Lead/Head/Asst. Head coaches will work closely with Wrestling With Character's current Director of Coaching to implement program curriculum.
- Teach only the current curriculum. Suggestions for changes or additions should be addressed during coaches meetings or with the Director of Coaching.



## **All practices must be:**

**Safe** - always our top priority. Coaches must always make sure that the environment is clean and safe before and during all practices or competitions.

**Organized** - Head/Lead coaches should organize specific, detailed practice plans for each practice. These plans should be communicated appropriately to assisting coaches before practice.

**Age/Skill appropriate** - Some practice drills may have to be adapted for certain athletes. Always ensure that wrestlers are matched up appropriately by age, weight, and skill level.

**Meaningful** - Practices should follow a progression to allow for athlete development and improvement in specifically identified areas. Every athlete and coach should be working towards a minimum 1% improvement each practice.

**FUN!!** - Practices should include a wide variety of games and competitions. Modified games and drills should be incorporated into practice throughout as a way to practice and re-enforce the skills and techniques being taught.

**Creative, Challenging, and Varied** - Coaches should constantly be adjusting and implementing new ideas to effectively teach our curriculum effectively. Athletes should be increasingly challenged with new variations as they acquire more skills.

