

Course discipline/number/title: PHED 2278: Techniques of Coaching Wrestling

A. CATALOG DESCRIPTION

1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): None
4. MnTC Goals (if any): NA

This course is designed to expose students to different approaches and strategies of coaching. It will teach prospective coaches the tactical skills to effectively break down complex sport movement into teachable, basic, fundamentals. Other areas that will be covered include how to effectively teach, evaluate and prepare athletes in all aspects of competition; how to plan and execute practices, as well as season goals and strategies and how to develop the prospective coach's own style, philosophies and methods.

B. DATE LAST REVISED (Month, year): December, 2017

C. OUTLINE OF MAJOR CONTENT AREAS:

1. Coaching styles
2. Coaching techniques for teaching, Critiquing and correcting essential fundamental and technical skills
3. Coaching techniques for planning and developing team practices
4. Coaching Techniques for planning and Developing individual Athlete's skills
5. Game day coaching strategies
6. Evaluation of technical and tactical Soccer skills for players and how to use evaluation results for improvement
7. Techniques for utilization of film breakdown

D. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Develop practical experience in the area of coaching wrestling.
2. Evaluate technical and tactical baseball skills of individual players and make utilize evaluation results to enhance performance.
3. Teach, critique, and correct essential tactical skills.
4. Teach critique, and correct essential tactical skills.
5. Apply practical concepts for preparation of:
 - a) Student athletes in the area of effective skill breakdown for teaching purposes.
 - b) Prepare effective team practice schedules, game plans, season plans and individual practice plans.
 - c) Prepare for game days, coach games, and work with your team after games.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:

Methods may include but are not limited to:

1. Class participation
2. Group discussion
3. Completion of daily class assignments
4. Quizzes/Exams
5. Written Evaluations
6. Practical illustration of technical techniques
7. Written evaluation of theories, planning capabilities and player/team evaluations
8. Written evaluations of assigned video tape breakdown of skill or completion situation

G. RCTC CORE OUTCOME(S) ADDRESSED:

Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

H. SPECIAL INFORMATION (if any):

A Techniques of Coaching (a specific sport) course is a requirement of the Minnesota State High School League for completion of the Coaching Principles Program to coach a varsity level sport without an earned Bachelor's



- H. SPECIAL INFORMATION (if any): Continued. . . Degree in Education. The MSHSL strongly recommends completion of this program in addition to a Bachelor's Degree in Education