

# 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.