What Does Quality Coaching Look Like?

USA Wrestling's National Coaches Education Program (NCEP)

“A Quality Coach:

Has or Develops Three Kinds of Coaching Knowledge

Professional: Knows the sport and how to teach it effectively and safely.
Inter-personal: Knows how to relate to others and leads by positive example.
Intra-personal: Knows their own strengths and weaknesses to improve on both each day.

Has “Athlete-Centered” Outcomes

Competence Athletes gain sport specific technical, tactical, and performance skills. They learn healthy training habits as well as improved health and fitness concepts.
Confidence Athletes gain self-belief, resilience, mental toughness, and a sense of positive self-worth (not arrogance).
Connection Athletes develop positive bonds and learn to represent themselves in social situations with people both inside and outside of sport.
Character Athletes develop a respect for the sport and meet expectations for ethically and morally responsible behavior.

Creates a Quality Environment

Understands several factors like emergency action planning, periodization, training load vs training intensity, nutrition, recovery planning, long-term development, and much more.
Plans and creates an environment where athletes can be successful (on/off the mats).
Adapts their knowledge to the needs of the athletes and to the ever-changing environment.

Quality coaching does not happen by accident.

Start your journey with USA Wrestling’s Copper, Bronze, Silver, or Gold Level Coach Certifications today!