

# What Does Quality Coaching Look Like?

USA Wrestling's National Coaches Education Program (NCEP)



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*"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle.*

*The essential thing is not to have conquered but to have fought well." - The Olympic Creed*

## 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!*