

USA Wrestling's Silver Coaches Technical Certification



Coach's Name: _____ State: _____

USA Wrestling ID: _____

Date submitted: _____ Date reviewed: _____

Reviewed by: _____

Items in RED to be filled out by USA Wrestling NCEP Manager

Video Length: _____ (in minutes - recommend 20-30 min)

Submission Method: _____ (ie: Hudl, YouTube, etc)

Techniques Covered: _____ (please list all techniques shown)

Number of Athletes in this Session: _____ Number of Athletes You Work with in the Video: _____

1. Submit a proposal
2. Video a practice
3. Edit video to < 30 minutes
4. Show the components of a practice
5. Review your video for the 10 criteria
6. Submit for review

10 Grading Criteria:

Practice Plan	1	2	3	4	5	6	7
Room set up for teaching	1	2	3	4	5	6	7
Voice inflection/tone	1	2	3	4	5	6	7
Positive energy/support	1	2	3	4	5	6	7
Technical skills	1	2	3	4	5	6	7
Quality of Teaching	1	2	3	4	5	6	7
Setting expectations	1	2	3	4	5	6	7
Listening	1	2	3	4	5	6	7
Questioning	1	2	3	4	5	6	7
Quality of Feedback	1	2	3	4	5	6	7

Notes:

5 Key Components:

Team Talk/Intro	1	2	3	4	5	6	7
Dynamic Warm Up	1	2	3	4	5	6	7
Drills/Games	1	2	3	4	5	6	7
Situations/Live	1	2	3	4	5	6	7
Cool Down	1	2	3	4	5	6	7
