

**SPORTS AUTHORITY OF INDIA**  
**NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS: PATIALA**

**ONLINE COACH EDUCATION PROGRAMME – SYLLABUS**  
**WRESTLING**

Sr. No.	Topic	Contents
1	Techno-tactical requirements of contemporary wrestling	<ul style="list-style-type: none"> <li>• Meaning and importance of techno-tactical factor: technique with tactical action</li> <li>• Algorithm of change in wrestling: changes in international rules of wrestling leads to change in performance structure of wrestling. Which brings change in performance factors (techno-tactical and other).</li> <li>• Techno-tactical dominance in current wrestling: 1 takes downs in free-style and throws in Greco-Roman 2 reflex techniques 3 techniques with tactical action (motor part of tactics)</li> </ul>
2	Morphological and movement (motional) dominance in Olympic-style wrestling: in the context of rule-change	<ul style="list-style-type: none"> <li>• Morphological: meaning and importance of morphological (structural) factor in wrestling. 1 somato-type 2 fat% 3 muscle mass</li> <li>• Motional: meaning and importance. 1 attacking motions 2 defensive motions 3 recovery motion during a bout</li> </ul>
3	MLT of wrestling sport	<ul style="list-style-type: none"> <li>• MLT: movement, load and time structure of wrestling sport. 1 movement structure: multi-acyclic adjustable movements 2 load structure: dominance of anaerobic endurance 3 time structure: intervals of 3:00-30-30:00</li> </ul>
4	Dominant bioenergetics/physiology of wrestling: an overview	<ul style="list-style-type: none"> <li>• Process of converting the chemical energy (ATP) to mechanical (movements) energy</li> <li>• Meaning and importance of bioenergetics: estimation of training contents and zone</li> <li>• ATP-CP and glycolytic contribute about 80-90%</li> <li>• Aerobic requirement is just 10-20%: only for recovery motion during bout and thereafter</li> </ul>
5	Role of neural-path stimulation in wrestling warm-up	<ul style="list-style-type: none"> <li>• Warm-up structure: 1 mild stretch 2 temperature raise 3 major stretch 4 neural-path stimulation</li> <li>• Optimum time and optimum energy spending during warm-up</li> <li>• Mechanism of warm-up</li> </ul>
6	Pros and cons of early specialization in Greco-Roman wrestling	<ul style="list-style-type: none"> <li>• Meaning and importance of specialization: investment in one chosen sport since early age</li> <li>• Pros: early tecno-tactical development, early results, confident mat-behaviour, enhanced wrestling sense, better mat sense</li> <li>• Cons: chances of injuries, early peak, burnout, repeat of early result very rare, performance period shortened</li> </ul>

7	Role of WFI in promotion of wrestling	<ul style="list-style-type: none"> <li>• Place of coaches in sports-eco system</li> <li>• Organisation of competitions from grass-root level to international</li> <li>• Finding the sponsors</li> <li>• Link between federal government and UWW</li> <li>• Accreditations of coaches and officials</li> </ul>
8	Dynamics of G/R and F/S wrestling stance	<ul style="list-style-type: none"> <li>• Winning combination an offshoot of respective types of stance</li> <li>• Essentials of warm-up: 1 relax 2 guard 3 look at opponent</li> <li>• Types: 1 high 2 medium 3 low 4 up-right</li> </ul>
9	Periodization and Training schedule	<ul style="list-style-type: none"> <li>• Meaning importance and types</li> <li>• Single and multiple</li> <li>• Periods and phases</li> <li>• <b>Assignment:</b> 3 week-training-schedule of senior wrestlers: just before the competition</li> </ul>
10	Analysis of competition: key factors	<ul style="list-style-type: none"> <li>• Meaning and importance</li> <li>• Analysis of highest possible competition</li> <li>• Key factor analysis: technique patterns, scoring patterns, frequencies of techniques, average scoring, total and passive wrestling, inter-style comparison, intra-style wt. category analysis</li> </ul>
11	Analysis of a wrestler: key factors	<ul style="list-style-type: none"> <li>• Elite wrestler and winning combination thereof</li> <li>• Dominant winning factors</li> <li>• Stance analysis</li> <li>• Wrestling on feet (standing)</li> <li>• Top position in ground</li> <li>• Bottom position in ground</li> </ul>
12	Weight control in the context of same day weighing – safe methods of weight control	<ul style="list-style-type: none"> <li>• Weight control and weight reduction</li> <li>• Drastic weight reduction and hazards that of</li> <li>• Different methods of weight control</li> </ul>
13	Scoring patterns in Greco-Roman wrestling at world level	<ul style="list-style-type: none"> <li>• Frequency of high amplitude holds</li> <li>• Frequency of low amplitude holds</li> <li>• Frequency of takes downs</li> <li>• Contribution of ground scoring</li> <li>• Contribution of counter techniques</li> <li>• Frequency of pin/fall</li> </ul>
14	Role of bio-motors in Greco-Roman wrestling	<ul style="list-style-type: none"> <li>• Meaning and types</li> <li>• Difference between Greco Roman and free style wrestling</li> <li>• Role of bio-motors</li> </ul>
15	Process of talent selection in USA: possible tests and procedure thereof while selecting the talent	
16	Role of ICT in coaching	<ul style="list-style-type: none"> <li>• Meaning and importance</li> <li>• Different tools of ICT</li> <li>• <b>Assignment:</b> to prepare the PPT of a lesson plan (training) and send it to the students</li> </ul>