

# A Blueprint for Coaching Success



# Impact of Coaches

As a coach “ I possess tremendous power to make a kid’s life miserable or joyous.

I can be a tool of torture or an instrument of inspiration.

I can humiliate, hurt or heal.

In all situations it is my response that decides whether a crisis will be escalated or de-escalated and a kid humanized or dehumanized.”

**An Adaption of Haim Ginott**

# Beat the Streets Program

As anyone who has ever participated in wrestling will attest, it is one of the greatest builders of character that a kid can participate in which there are team members to support your individual effort.

Wrestling is an individual activity in which we test ourselves everyday and the ultimate responsibility is you, the individual coach.

Coaches have a tremendous effect on the life of his or her athletes and it should not be taken lightly. The power that coaches have over kids can never be taken lightly whether they participate in wrestling for a short or long period of time; it is usually an experience that remains with a person for life.

As a coach of a Beat the Streets Club, it is our responsibility to educate not only the kids but even more so ourselves. In doing so, we can become influential in providing an enjoyable and fruitful experience for a kid vs. leaving a negative and detrimental experience with the activity. This is achieved by providing the example you wish the kids to emulate and that is the continual quest for improvement and desire to be the best that we can be.

The Guide is designed to provide a foundation of proven successful principles to build upon in your coaching. As an instructor it is your responsibility to have a commanding knowledge of the course content, as the kids will look to you as the expert. Keep building your skills as a coach while coaching kids to build their skills as a wrestler.

On behalf of the Beat the Streets Foundation, we applaud your willingness to take a leadership role in the education of the kids in America. You are ensuring the growth and enjoyment of wrestling as wholesome and enjoyable experience.

# Management of the Program

## Philosophy:

Year One...Keep it simple, enjoyable and active. Teach skills and continually reinforce these basic skills in every aspect.

Describe wrestling skills to sports and activities that kids already have done. Baseball, basketball and football are good examples.

Use skill development in all aspects of the program including warm-ups, drilling and conditioning.

Piget, one the earliest philosophers, stated that kids learn by conditioning and modeling. Hence the term role models have been attributed to athletes for years. Kids mimic their favorite athletes in stance, positions and facial expressions.

Demonstrating a skill, broken down by a step-by-step method is by far the best technique a coach can use. The reinforcement of the skill through repetitions is known as drilling.

# Psychology of Coaching

There are two basic approaches to coaching, the positive approach and the negative approach.

The Beat the Streets Program stresses only the “positive” approach through the use of encouragement, positive reinforcement and technical instruction.

Negative approach never works for young kids, especially in today’s atmosphere. This type of environment that focuses on errors and punishments for kids who make technical errors causes youngsters to drop out of sports.

You will be judged not by wins and losses only by the number of kids who complete the program.

Objectives of the Beat the Streets Program is

- .....Positive Mental Attitude
- .....Good Sportsmanship
- .....Leadership and imagery
- .....Reward, encourage and praise Kids
- .....Realistic expectations
- .....Reward, encourage and praise kids
- .....Reward effort, not just outcomes

# Developing Wrestling Skills

## 7 Basic Skills of Wrestling

STANCE  
MOTION  
CHANGING LEVELS  
PENETRATION  
LIFTING  
BACK-STEP  
ARCH AND TURN

WE WANT EVERY KID FIRST AND FOREMOST DEVELOP CONTROL AND MOVEMENT OF THEIR OWN BODY.

TOO OFTEN MOST COACHES CONCENTRATE TEACHING HOLDS AND MANEUVERS THAT ARE EXECUTED WITH AN OPPONENT.

BEFORE SUCH TECHNIQUE CAN BE SUCCESSFULLY EXECUTED HOWEVER, THE KID MUST HAVE DISCIPLINED THEMSELVES TO KNOW WHERE THEIR BODY IS IN SPACE AND THE RELATIONSHIP OF CERTAIN BODY PARTS TO EACH OTHER.

THE 7 BASIC SKILLS EMPHASIZE THIS DISCIPLINE.

# Upper Body Skills

- 1.PUMMEL-ROLLING THE ARMS FOR AN INSIDE POSITION
- 2.PUSH-DRIVE WITH THE LEGS, BLOCK WITH THE CHEST SHOULDER
- 3.POP-QUICK, SHORT UPWARD MOVEMENTS AGAINST OPPONENTS ARMS
- 4.CHOP-QUICK, SHORT DOWNWARD MOVEMENT AGAINST OPPONENTS ARMS, WRIST OR ELBOWS
- 5.SHUCK-PUSHING OPPONENT'S ARM FROM OUTSIDE SO AS TO DRIVE IT ACROSS THEIR BODY AND YOURS
- 6.DRAG- PULLING OPP. ARM [TRICEP] FROM INSIDE SO AS TO MOVE IT ACROSS THE BODY AND YOURS
- 7.SNAP-AN EXTENDED DOWNWARD MOTION ON YOUR OPPONENTS'S HEAD
- 8.BLOCK- TO SECURE PART OF YOUR OPP. BODY [ELBOW] AND HOLD IT IN A SPECIFIC POSITION WHILE YOU MOVE YOUR OWN BODY PART PAST IT.

# Coach Job Functions & Expectations

## **LEADERSHIP - provides leadership and direction to the Club**

Serves as the Liaison between the Club and the Beat the Streets Program Director(s).

The club implements a program consistent with the BTS organizational goals and objectives.

Staff members (Paid and unpaid) are able to demonstrate skills required to fulfill their portion of the mission and goals of the organization.

Attends meetings and training sessions as provided by the BTS Program.

## **ADMINISTRATION AND MANAGEMENT - Responsible for managing the resources of the organization.**

The Club operates under and within its budget.

Periodic inspections for safety of any physical sites are made.

All programs are run in compliance with the requirements of the funding source including, but not limited to, finances, level of service and service(s) provided.

Maintains all records in accordance with BTS Policy.

Turns in any time sheets, attendance records, reports, etc. as required.

Insures that adequate emergency medical equipment and supplies are readily available.

## **COACHING – Responsible for conducting practices in a safe manner and consistent with the curriculum developed by the BTS Program**

Maintains an enthusiasm on the part of the athletes by making sure all kids are treated in such a way that supports the concept of “fun and fundamentals.”

Athletes are able to demonstrate their knowledge of the “seven basic skills” by the end of the season.

Athletes are able to identify dangerous situations and avoid them.

Athletes have a basic understanding of the rules and etiquette of the sport of wrestling.

## **ADDITIONAL RESPONSIBILITIES. Responsible for assignment to additional responsibilities as assigned by the Board.**

Maintains a good working relationship with representatives of the School (Principal, Custodial staff, Support staff, etc.)