**COURSE SYLLABUS**

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| **EDMA 279**  **Coaching Wrestling: “Build your A.R.M.O.U.R.” -**  **Setting the Standard of Excellence in Your Wrestling Program**  **Drake University** | |
| **Instructor** | Jason Anthony |
| **Cell #** | 515-681-8950 |
| **Email** | [jason.anthony@drake.edu](mailto:jason.anthony@drake.edu) |
| **Course Description** | This course will help the student examine a comprehensive philosophy and belief structure on championship coaching through the A.R.M.O.U.R. Building Plan. Additionally, an organized method of fundamentals, motivation, neutral and on the mat wrestling, evaluation and communication tools will be developed to fit into your unique program. The final product will produce a road map to successful coaching that will serve as your own reference, practice and season plan, and a guiding document to assist you into a championship culture and program. |
| **Course Requirements** | This course will be delivered online using the Blackboard Learning Management System and will be broken down into several components of study/analysis:   1. Text readings from:   Ryan, Tom (2020). *Chosen Suffering: Becoming Elite in Life and Leadership.* Author Academy Elite. Print ISBN 978-1640859173 (Required)  Klessinger, John (2021). *A Coach's Manual: Everything You Need to be a Successful Coach.* Championship Productions. Print ASIN B09254HG12 (Required)  \*Excerpts from *Coaching Wrestling Successfully*. Gable, Dan. Human Kinetics, 1999.   1. Various video elements 2. Reflection on your current practices 3. Activities and assignments that support you in applying and extending your new knowledge. 4. Two virtual meetings with your instructor – one at mid-term, one at end of course |
| **Learning Objectives** | As a result of participating in course reading, viewing, activities and assignments students will:  1. Reflect authentically on the coach you would like to become and establishment of personal and program standards  2. Develop a resiliency and apply motivational techniques in various situations  3. Create a drill system and progression for all three phases of wrestling  4. Evaluate your accountability process for success  5. Analyze the methods used in developing relationships and communication  6. Design an effective season plan and a working manual for program development |
| **Course Expectations** | Course Expectations: Complete all course work. The assignments in this course have been intentionally designed to contribute to your knowledge, understanding and ability to lead a football program through strong relationships and strategy that is reflective and intelligent.  Turn in all assignments using Blackboard. During Module 4 and toward the end of Module 8, reach out to schedule your virtual meeting with your instructor. **Our goal is to have everything for this course completed two weeks before the end date of the course. This includes all of your assignments as well as the Final Instructor Meeting.**  ASK for help if you are unclear! |

**COURSE CONTENT**

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| **Module 1** | |
| Build Your A.R.M.O.U.R. - **AUTHENTICITY** | |
| **Objectives** | In this module, students will be able to:   * Identify your purpose and passion for coaching wrestling * Create a vision for your program * Create and prioritize standards for your program * Construct a purpose for your program |
| **Activities & Assignments** | * Module 1 Reflection Journal 10 Pts * A.R.M.O.U.R. Manual – Pillar #1 – Authenticity Assignments 20 Pts * Title Page * 360 Vision Section * Standards Section and Poster * Purpose Section |

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| **Module 2** | |
| Build Your A.R.M.O.U.R. – **RESILIENCY** | |
| **Objectives** | In this module, students will be able to:   * Define resiliency * Understand the lessons of setbacks and adversity * Apply techniques for wrestlers to use for match preparation * Use motivational methods for increasing performance |
| **Activities & Assignments** | * Module 2 Reflection Journal 10 Pts * A.R.M.O.U.R. Manual – Pillar #2 – Resiliency Assignments 20 Pts * Title Page * 360 Resiliency Plan * Match Preparation Section * Motivation Section |

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| **Module 3** | |
| Build Your A.R.M.O.U.R. – **MASTERY OF FUNDAMENTALS** | |
| **Objectives** | In this module, students will be able to:   * Identify fundamental skills * Explain sequence of skill development * Understand position and movement * Develop a scope and sequence for drill progression * Combine fundamental skills to create chain wrestling |
| **Activities & Assignments** | * Module 3 Reflection Journal 10 Pts * A.R.M.O.U.R. Manual – Pillar #3 – Mastery of the Fundamentals Assignments 20 Pts * Title Page * Fundamentals Section * Drilling Section * Buzz Words/Phrases Section * Daily Dozen Section * Transitions/Chain Wrestling Section |

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| MODULE 4 | |
| Build Your A.R.M.O.U.R. - **MASTERY ON THE FEET** | |
| **Objectives** | In this module, students will be able to:   * Identify skills for effective hand fighting * Discuss leg attacks, short offense, and throws * Combine set-ups and hand fighting with attacks * Utilize counter offense in various match situations * Develop a neutral system of attack |
| **Activities & Assignments** | * Module 4 Reflection Journal 10 Pts * A.R.M.O.U.R. Manual – Pillar #4 – Mastery on the Feet Assignments 20 Pts * Title Page * Neutral Standards Section and Poster * Neutral System of Attack Section * Midterm Instructor Meeting 10 Pts |

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| Module 5 | |
| Build Your A.R.M.O.U.R. - **MASTERY ON THE MAT** | |
| **Objectives** | In this module, students will be able to:   * Identify the key concepts involved in effective riding * Develop techniques and tactics for successful breakdowns * Demonstrate technique and tactics to score from underneath * Implement techniques for successful pinning * Develop a top system of attack * Develop a bottom system of attack |
| **Activities & Assignments** | * Module 5 Reflection Journal 10 Pts * A.R.M.O.U.R. Manual – Pillar #5 – Mastery on the Mat Assignments 20 Pts * Title Page * Top Wrestling Standards Section and Poster * Top Wrestling System of Attack Section * Bottom Wrestling Standards and Poster * Bottom Wrestling System of Attack |

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| Module 6 | |
| Build Your A.R.M.O.U.R. - **OWNERSHIP** | |
| **Objectives** | In this module, students will be able to:   * Develop a 360° Evaluation tool * Evaluate and apply weight and hydration management practices * Create a wrestling-specific strength and conditioning program * Identify a plan for wrestling program intangibles |
| **Activities & Assignments** | * Module 6 Reflection Journal 10 Pts * A.R.M.O.U.R. Manual – Pillar #6 – Ownership Assignments 20 Pts * Title Page * 360 Evaluation Section * Nutrition Section * Strength and Conditioning Section * Rules Section |

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| Module 7 | |
| Build Your A.R.M.O.U.R. - **UNITY** | |
| **Objectives** | In this module, students will be able to:   * Identify elements necessary for effective communication * Understand various roles within a successful wrestling program * Develop a 360° Communication tool * Construct a PERT * Summarize discussion regarding girls’ wrestling |
| **Activities & Assignments** | * Module 7 Reflection Journal 10 Pts * A.R.M.O.U.R. Manual – Pillar #7 – Unity Assignments 20 Pts * Title Page * **CHOICE** of 360 Communication Section **OR** Performance Evaluation Rating Technique Section * Team Building Section * Girls Wrestling Section |

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| Module 8 | |
| Build Your A.R.M.O.U.R. - **RISK** | |
| **Objectives** | In this module, students will be able to:   * Develop a long-term development model * Implement a scope and sequence for competition season * Create an effective weekly practice structure * Complete your A.R.M.O.U.R. manual |
| **Activities & Assignments** | * Module 8 Reflection Journal 10 Pts * A.R.M.O.U.R. Manual – Pillar #8 – Risk Assignments 20 Pts * Title Page * Season Plan Section * Situational Wrestling/Tactics Section * Practice Plan * Final Instructor Meeting 10 Pts |

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| **Evaluation Criteria** | Please review rubrics located in the Blackboard course related to each assignment to help guide your responses.  Be sure to:   * Respond with insight, clarity, and precision (cite specific text/video examples) * Respond in relevant illustrative detail (include specific, observable examples) * Write competently at the graduate level (word-processed, proofread document, APA Format) | |
| **Grading** | There will be 8 modules in this course worth a total of **260** points. Your final letter grade will be determined by the following percentages:  A 90-100%  B 80-89%  C 70-79%  D 60-69%  F 59% and lower | |
| **Accommodations Clause** | If you have a disability and will require academic accommodations in this course, please contact your instructor at the beginning of the course or prior to the first official day of class. Michelle Laughlin coordinates accommodations. Jean Hansen may assist as well. Their contact information is listed below: | |
| Michelle Laughlin  Director of Student Disability Services  (515) 271-1835  michelle.laughlin@drake.edu | Jean Hansen  School of Education  Sr. Online Instructional Designer  (515) 271-3906  jean.hansen@drake.edu |
| Again, please be sure to make arrangements for accommodations prior to the start or at the beginning of the course. | |
| **Statement of Plagiarism** | Academic dishonesty results in failure of this course. Consult the Drake Catalog (p. 26-28) for policies regarding plagiarism, academic dishonesty, and the severity of resulting consequences. Give credit where credit is due. Use the APA Publication manual to cite references when needed. Not crediting ideas or words of others is unacceptable scholarship as is submitting work that was done for a previous course or that is not your own origin in design or completion. Submit original assignments. In other words, do not submit work for this course that you have done for other courses. | |