



SOUTH AFRICAN
WRESTLING FEDERATION

COACHES COUNCIL

NATIONAL QUESTIONNAIRE FOR COACHES WITH ANSWERS LEVEL 1, 2 AND 3

NAME THE 2 GROUP WRESTLING METHODS THAT CAN BE USED DURING A PRACTICE EVENING

SOURCE: DICK & ARRIE

ANSWER:

Eight man group wrestling
Chain wrestling

NAME THE 10 CHARACTER TRAITS OR QUALITIES OF A WRESTLING COACH THAT MAKES HIM A SUCCESSFUL COACH

SOURCE: DICK & ARRIE

ANSWER:

Strong personality
Ability to give orders, make rules and see that they are carried out
Perseverance in his tasks and business of the wrestlers and the club
Emotionally stable
Loyalty and a personal interest in each member of his club
Clearly motivated results and rules of his team and club
Self confidence
Neutral toward the whole team or club
To work up enthusiasm in each team member and club
To encourage teamwork between the wrestlers and within the club
Be a people's person
To be able to listen to new ideas, and be willing to try favourable ideas
To give and get new ideas
Must never be undecided. Must be able to influence others and change others point of view
Must be able to form a feeling of unity between club members
Must be able to solve problems in a diplomatic way
Must have a good knowledge of wrestling, rules and administration and must always be up to date with the latest developments
Must be able to handle situations on a higher level
Must be intelligent
Must be well spoken and be able to carry over his knowledge in an interesting way
Must be able to delegate
Must be fit and healthy to be able to demonstrate different grips

DISCUSS THE DUTIES OF THE COACH UNDER THE FOLLOWING HEADINGS:

DUTIES BEFORE THE START OF THE MATCH

DUTIES DURING THE MATCH

DUTIES AFTER THE MATCH

SOURCE: DICK & ARRIE

ANSWER:

Before the start of the match:

Ensure the wrestler is at the mat on time
Must ensure the wrestler gets enough rest
Must check that the wrestler does not eat too much before the match
Must check that the wrestler has the complete wrestling attire
Must ensure the wrestler is dressed in the correct colour according to the programme
Must ensure the wrestler has warmed up properly
Accompany the wrestler to the corner of the mat

During the match:

Must watch the match carefully

Must show the wrestler the position of the points and time etc

Must support the wrestler during an injury

Must point out the faults

Must, in a decent manner, ask the officials for explanations should decisions be made that are unclear

Never give advice during a match, this should be done at the club

A coach should never discuss problems on the mat, unless specified in the officials rules of the SASF

After the match:

After the match the coach should congratulate his wrestler and give constructive criticism whether he has won or lost

The wrestler must be told when his next is to be

Must tell the wrestler what he may and may not eat before the next match

Must ensure the wrestler gets enough rest before the next match

NAME THE SEVEN BASIC SKILLS IN WRESTLING

SOURCE: DICK & ARRIE

ANSWER:

Stance

Motion

Level Change

Penetration

Lifting

Back Step

Back Arch

NAME 10 KINDS OF INJURIES ASSOCIATED WITH WRESTLING

SOURCE: DICK & ARRIE

ANSWER:

Head and face

Neck

Shoulders

Elbow

Wrist, hand & fingers

Chest injury

Back injury

Knee injury

Muscles

Ankle injury

Skin infections

NAME THE DIFFERENT AGE GROUPS IN ALL CATEGORIES AS WRESTLED IN SOUTH AFRICA

SOURCE: SAWF CALENDER

ANSWER:

LTPD: 6,7 and 8 Year olds.

YOUTH: 9, 10, 11 Years, U/13 and U/15.

CADETS

JUNIORS

SENIORS
MASTERS

NAME THE DIFFERENT AGE CATEGORIES AND WRESTLING TIMES FOR EACH CATEGORY
APPLICABLE IN SOUTH AFRICA

SOURCE: SAWF WRESTLING RULES/ UNITED WORLD WRESTLING RULES

ANSWER:

- LTPD 6, 7 and 8 Years old - 2 x 1 min. 30 sec. periods
- Youth (9, 10 en 11 Years old, U/13 and U/15) - 2 X 2 min. periods
- Cadets - 2 x 2 min. periods
- Presidents, juniors and seniors - 2 x 3 min. periods
- Rest period for all categories - 30 second period

WHAT CAN A COACH DO TO KEEP INJURIES TO THE WRESTLERS TO A MINIMUM?

SOURCE: "LEERPLAN EN HANDLEIDING VIR DIE VERTIKALE OPLEIDING VAN AFRIGTERS EN INSTRUKTEURS OP PROVINSIALE EN NASIONALE VLAK"

ANSWER:

Ensure that the wrestlers are extremely fit

Ensure that the wrestler warm up before matches

Give enough attention to stretching and suppleness exercises thus keeping muscle and joint injuries to a minimum

Ensure that wrestlers don't use dangerous techniques during practices

Teach true sportsmanship and thus not to display a "make or break" attitude which could be dangerous for opponents

Ensure that wrestlers don't participate in matches when injured

DESCRIBE THE TERM SUPPLENESS

SOURCE: "LEERPLAN EN HANDLEIDING VIR DIE VERTIKALE OPLEIDING VAN AFRIGTERS EN INSTRUKTEURS OP PROVINSIALE EN NASIONALE VLAK"

ANSWER:

Suppleness means the movement of a limb through the full range of movement allowed by the joint. The measure by which a joint is able to, for example, stretch forward and backward can be described as the suppleness of that specific joint. Suppleness exercises can be done as part of the warm up exercises. Suppleness is improve and achieved by performing enough stretching exercises. The importance of suppleness can be seen in the following points:

Suppleness allows a greater range of movement

Suppleness helps prevent muscle injuries

Suppleness in the hamstring muscles can help prevent lower back pain

More movement in the joints can improve the wrestler's ability to train and makes his movements more active. Suppleness in each joint is unique

WHAT DOES THE TERM COACH IMPLY?

SOURCE: "LEERPLAN EN HANDLEIDING VIR DIE VERTIKALE OPLEIDING VAN AFRIGTERS EN INSTRUKTEURS OP PROVINSIALE EN NASIONALE VLAK"

ANSWER:

The coach is just not a coach in the normal sense of the word, but his influence on people goes deeper than just the teaching of techniques, skill, fitness and strengthening certain muscle groups. The question may be asked who and what is the coach. The question can be answered by pointing out four roles and functions of the coach, namely:

- The coach must firstly be an educator
- He must be a master of technical skills which are scientifically based and proven
- The coach's success and application of knowledge depends mainly of his organizational and management skills
- That the primary task of the coach is lies in his authoritative position as educator, i.e. to reach a wrestler on an intelligent and delicate level

To be a good coach, entails more than just having good knowledge of techniques and training methods. It requires good theoretical knowledge about the human body, its functions and abilities. No two bodies are the same. Exercise must then be varied according to each person's physical abilities and requirements. Where a certain exercise may create suppleness in one person, it might cause muscle pain in another. It is important that a coach has some or other form of physiological background.

If a coach has a good knowledge of skills, techniques and exercise, it doesn't mean that he has enough knowledge to work with unfit or injured wrestlers. A coach must be able to choose the correct exercise for each individual. Aspects such as medical background, anatomical and physiological considerations, fitness and ethical problems must all be considered in the choice of any wrestling exercise.

A coach must decide what his goal is, what he wants to achieve or he must view himself as inadequate and not use his status.

QUALITIES OF A GOOD (EMOTIONAL INTELLIGENT) COACH

SOURCE: "Verbeter jou sportprestasie deur emosionele intelligensie ISBN 0-624-04395-9"

ANSWER:

- Control your own feelings and respect the emotion of others
- Wants the best for everyone
- Know the team members and care about them
- Pay equal attention to everybody
- Give positive feedback and encourage them
- Believe that the process is more important than the outcome
- Be considerate and kind to people
- Be a good roll model

DISCUSS THE TARGET AREAS OF ATTACK OF THE HUMAN BODY UNDER THE FOLLOWING

HEADINGS AND GIVE AN EXAMPLE OF A TECHNIQUE THAT IS APPLICABLE ON EACH TARGET

STANDING WRESTLING

MAT WRESTLING

SOURCE: DICK AND ARRIE

ANSWER:

Standing wrestling – In standing wrestling your opponent’s body can be divided into three parts.

Attacks to the upper body such as head lock, flying mare etc

Attacks to the lower body such as single leg attack, double leg attack etc

Attacks to upper and lower body such as an “ambulance”

Mat wrestling – If your opponent is in a “par terre” position in front of you, his body can be divided into three parts

Attacks to the upper body only such as butterfly

Attacks to the lower body only such as leg-laces, crotch etc

Attacks to the upper and lower body such as cradle etc.

DESCRIBE THE RESULT OF WRESTLING UNDER THE FOLLOWING HEADINGS

STARTING RESULT

END RESULT

SOURCE: DICK AND ARRIE

ANSWER:

Starting result – Where two wrestlers attack each other in standing or mat wrestling with the intent to reach end results

End result – Where one of the wrestlers with the application of a technique dominates his opponent and thus place him in a position to gain control or points or forces his shoulders over the 90degree position and the target area which includes both shoulders touching the mat to obtain the fall and at the same preventing the same from happening to him.

NAME 6 PHYSICAL QUALITIES THAT A WRESTLER HAS TO HAVE

SOURCE: DICK AND ARRIE

ANSWER:

Balance

Fitness

Ability to move

Knowledge

Strength

Correct breathing

DISCUSS STRETCH AND SUPPLENESS EXERCISE UNDER THE FOLLOWING HEADINGS:

- **IMPORTANCE**
- **MANNER OF PERFORMANCE**

SOURCE: PHYSICAL FITNESS (DR. T. NOAKES) PAGE 162

ANSWER:

Importance- To achieve maximum movement in each joint in the human body where two or more bones meet.

Prevent injuries as more movement is present when the correct stretching exercises are done often. Stretching exercises helps reduce lactic acid which built up in the muscles after strenuous exercise and also prevents stiffness. Stretching exercises must be done during each exercise session after warm up and at the end of the exercise program.

Manner of performance- Static- To do light, slow exercise on a certain muscle group for at least 60 seconds. A Minimum of 5 repetitions must be done on each muscle group. Static stretching is recommended for wrestlers. Ballistic stretching exercises are fast and jerky movements and are not recommended, as research shows that muscle injuries are sustained easier.

NAME 10 PERSONALITY TRAITS THAT SHOULD BE PRESENT IN A WRESTLER

SOURCE: DICK AND ARRIE

ANSWER:

Strong character	Dedication
Self discipline	Perseverance
Loyalty	Trustworthiness
Punctual	Good Observation ability
Temperament	Self belief
Good and Bad thoughts	

DESCRIBE THE FOLLOWING GENERAL TERMS IN WRESTLING

SOURCE: DICK AND ARRIE

“PARRE TERRE”	BEHIND A WRESTLER
TAKE DOWN	BREAK DOWN
BRIDGE	DANGER POSITION
CROSS FACE	DECISION
FALL	DISQUALIFICATION
DECLARED AS LOSER	WITHDRAW
HOLD	ILLEGAL HOLD
NEUTRAL POSITION	PASSIVE
CONTACT, ACTION	OPPONENT
DRAW	MASS

ANSWER:

“Parre Terre”- A wrestler stands on hands and knees

Behind a wrestler- In a attacking position behind the wrestler in bank position

Take down- To force a wrestler from a standing position to a bank position

Break down- to force a wrestler in a bank position flat down on his stomach

Bridge- a wrestler standing on his legs and head with his shoulders to the mat

Danger position- to force the opponents shoulders over the 90 degree vertical line

Cross face- the attacking wrestler places his forearm over the side of the opponent’s face

Decision- result of the match

Fall- both shoulders of the wrestler held on the mat for one count

Disqualification- when a wrestler is prohibited to continue a match as a result of an illegal hold or passivity

Declared as loser- when a wrestler is prohibited to continue the match as a result of passivity or a certain action

Withdraw- when a wrestler may not continue to wrestle as a result of injury

Hold- a hold on another opponent

Illegal hold- any hold on an opponent, which is against the rules

Neutral position- when none of the wrestlers exercise control

Passivity- when a wrestler neglects to react to an attacking action

Contact, Action- a wrestler is commanded to attack or use a positive technique

Opponent- the opposition of a wrestler

Draw- the manner in which the wrestlers are paired for the tournament

Mass- the weight of the wrestler

DISCUSS THE 8 MAN GROUP WRESTLING METHOD

SOURCE: DICK AND ARRIE

ANSWER:

The wrestling mat is divided into four. After the wrestlers have completed their warm up and stretch exercises, they will be grouped as follows: Wrestlers in approximately the same weight group are numbered from 1 to 8. Wrestlers from number 1-4 then each get placed on one section of the mat. Wrestlers numbering 5-8 then get placed against wrestlers 1-4.

Wrestling then starts with rounds of 1, 2 or 3 minutes depending on the fitness and qualification of the wrestlers. For the first four rounds, wrestlers numbered 1-4 stay where they are, while wrestlers 5-8 rotate anti clockwise from opponent to opponent. The minute resting period between rounds must be used for regrouping with the next opponent until the end of the four rounds, where after wrestlers 1-4 will begin to rotate.

This can be advised as follows:

<u>1ST ROUND</u>	<u>2ND ROUND</u>	<u>3RD ROUND</u>	<u>4TH ROUND</u>
1 – 5	1 – 8	1 – 7	1 – 6
2 – 6	2 – 5	2 – 8	2 – 7
3 – 7	3 – 6	3 – 5	3 – 8
4 – 8	4 – 7	4 – 6	4 – 5

LAST THREE ROUNDS

<u>5TH ROUND</u>	<u>6TH ROUND</u>	<u>7TH ROUND</u>
1 – 2	1 – 3	1 – 4
3 – 4	2 – 4	2 – 3
5 – 6	5 – 7	6 – 7
7 – 8	6 – 8	5 – 8

During this group wrestling the coach stands in the middle of the mat so that he can see and control all the groups.

Faults, which may occur in one group, can be rectified by the coach without disrupting the other groups.

The coach should take special note that the wrestlers keep to the same pace throughout the whole round.

With group wrestling, the wrestler get the chance to wrestle against seven opponents, each with a different style, which give him the chance to enhance his fitness, speed, endurance, strength, experience and technique. This method also enables a wrestler to wrestle actively for seven, fourteen or twenty one minutes, instead of pushing each other around the mat in a half hearted manner.

DISCUSS THE METHOD OF CHAIN WRESTLING DURING TRAINING SESSIONS

SOURCE: DICK AND ARRIE

ANSWER:

Any amount of wrestlers (between 4 and 10); can practice according to this method. Each wrestler will get the chance to stand against the other wrestlers for a time span of one to two minutes.

This method is especially effective as the wrestler get to wrestle against a rested opponent and thus having to give his full throughout.

Wrestlers of different weight category may get the chance to wrestle each other under supervision of the coach.

Usually the heaviest or best wrestler get to stand in the middle first and then from the next heaviest until the lightest, until all the wrestlers have had a chance against the first wrestler.

Number one will be the wrestler that wrestled against his opponents first while the last link in the chain, wrestles the person in front of him, in the final round.

This method is called chain wrestling as the wrestlers wrestle in succession until everyone has had the chance to wrestle.

The links are formed as shown in the tables below where 6 wrestlers are used, with each wrestler having 5 rounds. In round number 5 the chain is completed and there after the wrestlers will be eliminated in this order until there are only two left.

1ST ROUND	2ND ROUND	3RD ROUND	4TH ROUND
1-2	1-3	1-4	1-5
	2 stands out	2-3	2-4
			3 stands out
5TH ROUND	6TH ROUND	7TH ROUND	8TH ROUND
1-6	2-6	3-6	4-6
2-5	3-5	4-5	5 stands out
3-4	4 stands out		
9th ROUND			

5-6

Wrestlers don't wrestle for longer than 2 minutes each round in chain wrestling as the aim of this method is speed and endurance. This method is used especially in wrestlers preparing for a championship.

DESCRIBE THE SKILL – STANCE IN A STANDING POSITION DURING WRESTLING UNDER THE FOLLOWING HEADINGS:

- FEET
- POINT OF BALANCE
- LEGS
- HIPS
- BACK
- ARMS
- NECK AND HEAD

SOURCE: DICK AND ARRIE

ANSWER:

Feet- always shoulder width apart, toes turned slightly inwards

Point of balance- a person's point of balance is considered to be his navel. To maintain a good balance, a wrestler must keep his navel within an imaginary circle around his feet. Should his navel fall outside of that imaginary circle, he is off balance.

Legs- wrestler's legs must be bent; the degree of the angle of his knees must be the same as the degree of the angle of his hips. The bending of the knees makes additional movement possible.

Hips- hips should always be squarely faced to the opponent. If one attaches two imaginary arrows to each hip they must always point directly towards his opponent. The arrows of the attacking wrestler must always point straight towards his opponent where as the defending wrestler's hips must point away from the opponent.

Back- the back should always be semi-vertical in relation to the mat. A back that is bent and horizontal in relation to the mat weakens the strength with which the wrestler applies his holds.

Arms- the arms must always be bent at the elbows and held against the waist, with fingers bent slightly and closed, with palms facing inward. A straight arm has no strength. A wrestler should never reach for his opponent with straight arms, but should move forward with his feet.

Neck and Head- the neck should be pulled in between the shoulders. The eye span on a vertical level is approximately 150-degrees, so a wrestler's field of vision must always be so that he can see his opponent completely.

DESCRIBE THE SKILL – MOVEMENT

SOURCE: DICK AND ARRIE

ANSWER:

The most important movement direction is forward, backward, sideward and circle movements, which must be controlled by the feet. With all the movements except for the circle movement, short direct paces must be used. Long stretches in these movements do not lend strength to the body. If one foot is moved, in any which direction, the other foot should follow quickly, the space between the feet should stay the same constantly.

Circle movements should always be followed by a 90-degree turn to the side. If you turn to the left side, use your right foot as a turning point. Move your left foot in a circle movement to the left until just behind your right foot; also move your waist to the left. Round the movement off by again taking up your starting stance. If you want to turn to the right, use the same method in the opposite direction.

DESCRIBE THE SKILL – LEVEL CHANGE

SOURCE: DICK AND ARRIE

ANSWER:

This skill refers to the changing of height of the hips (higher or lower). It is difficult to master this movement, as it must be adjusted regularly during a match. The middle point of your balance must always be your hips, when you want to attack your opponent. Thus you must always be prepared to meet your opponent at different levels. During these movements you must make use of your knees and not your waist. If you use your waist, your head moves closer to the mat while your hips do not change height, which places a person in a weakly balanced position. By moving your hips higher or lower, you keep your balance and enable you to start your action.

DESCRIBE THE SKILL- PENETRATION

SOURCE: DICK AND ARRIE

ANSWER:

To launch an attack on your opponent it should be done effectively and with so much force and aggression that theoretically you should move through him. Because wrestling demands continuous movement, it is important that you visualize where your opponent will be the moment you attack. Your goal should be that once you attack, you should come to a stand still a meter behind him. Instead of moving past your opponent, you should move into him. The attack should begin with a low hip level. The impact of your penetration should be so that it is mostly responsible for the success of your attack.

DESCRIBE THE SKILL- LIFTING

SOURCE: DICK AND ARRIE

ANSWER:

Picking up is based on the position of your body and the success of the whole movement relies mainly on the manner in which your hips are used. Most wrestlers make the mistake of trying to lift their opponent with their upper body and arms. It must be remembered that your strength lies mostly in your lower body. To make the movement effective, your arms should only be used to hold your opponent tightly against your body, lower your hips, and move them into your opponent, then pick him up by stretching your legs by the strength of your thighs.

DESCRIBE THE SKILL- BACK STEP

SOURCE: DICK AND ARRIE

ANSWER:

This skill is applied holds and technique applied to the head and attacks to the upper body. During the application of a proper back step, you stand right in front of your opponent; start the move by stepping forward with one foot followed by the other and placing it directly behind the heel of the front foot. Keep your feet together to enable you to turn like a top. If you stepped with your right foot, you will be able to do a 270-degree turn to the left while throwing your opponent over your lower back with the suitable grip. It is a general mistake made by all wrestlers to keep their feet too far apart and then fail to do the turn as they are unable to turn as fast. Remember that your hip level must be lower than that of your opponent.

DESCRIBE THE SKILL- BACK ARCH OR THROW

SOURCE: DICK AND ARRIE

ANSWER:

The back throw demands that you are able to control your body weight whilst in a standing position you bend into a high bridge position. This skill requires co-ordination and practice and the results of such a throw can be both dramatic and extravagant. The key to the success of this throw is to bend your knees, lower your hips and move them into your opponent. All your body weight must be placed on your feet, but as you bend backwards; your weight is shifted forward to compensate for your head and shoulders, which are moving backward. Although your knees are bent in this movement, you must prevent your bum from lowering.

WHEN A COACH DEMONSTRATES A TECHNIQUE, THERE ARE CERTAIN TECHNICAL POINTS REGARDING DISCIPLINE AND GENERAL COACHING ORGANISATION THAT MUST BE KEPT IN MIND, NAME THESE POINTS

SOURCE: "LEERPLAN EN HANDLEIDING VIR DIE VERTIKALE OPLEIDING VAN AFRIGTERS EN INSTRUKTEURS OP PROVINSIALE EN NASIONALE VLAK"

ANSWER:

- Holds, technique and movements which are being demonstrated by a coach should be broken up and shown step for step until the move as a whole can be formed. The steps follow on each other in difficulty and each step must be the incentive of the end result. Each step must always form a whole.
- All the wrestlers must be able to see the demonstration
- All the wrestlers must be able to hear the coach clearly
- Before the demonstration begins, the coach must ensure that he has everyone's attention
- Demonstrations must not take up too much practice time
- Demonstrations must not take too long
- Demonstrations must be followed by practice
- Demonstrations can be a part of coaching

HOW WILL YOU, AS COACH, GO ABOUT DEMONSTRATING TECHNIQUES SUCCESSFULLY
SOURCE: "LEERPLAN EN HANDLEIDING VIR DIE VERTIKALE OPLEIDING VAN AFRIGTERS EN INSTRUKTEURS OP PROVINSIALE EN NASIONALE VLAK"

ANSWER:

- Explanation- Explain to the wrestlers what you want to demonstrate
- Demonstration- do it yourself or use wrestlers to help
- Copying- let the whole group copy what you are doing
- Correction- show them their faults
- Repetition- once the wrestlers know the exercise, it should be repeated until they know the grip, technique and movement very well
- Coaching- Technique- learning of techniques and perfection thereof
- Conditioning- psychologically and physically

EXPLAIN THE DIFFERENCE BETWEEN WARMING UP AND STRETCHING EXERCISE

SOURCE: PHYSICAL FITNESS (DR. T. NOAKES) PAGE 164

ANSWER:

Warming up exercises are movements like jogging, skipping, steps, spider walk, burby exercises etc. It must start slowly and gradually increase until the necessary heart rate is acquired (220 minus age). Warm up exercises increases the heart rate, circulation of the blood, body temperature and temperature of the muscle groups needed to follow the various exercise programs. Stretching exercise increases the level of movement in a specific joint and is not exercise that replaces warming up. Stretching has nothing to do with the circulation of blood. Stretching helps reduce lactic acid which occurs in the muscles after strenuous exercise. It is logical that only warmed up muscles can stretch to the maximum without muscle injury.

DISCUSS THE QUALITIES THAT YOU AS COACH WANT TO SEE IN A TRUE SPORTSMAN

SOURCE: DICK AND ARRIE

ANSWER:

A participant that can take punishment without excuses and make this his general behaviour
A person that wrestlers hard and loyally according to the rules right to the end, no matter what the result and that you are never ashamed of his behaviour
A person that is humble when he wins and big hearted when he loses, who accepts all decisions in good spirit
A person who is unselfish and always tries to help others do better
Someone of good character, which includes the following: honesty, integrity, trustworthiness, loyalty, humble, truthful and steadfast
A person who is physically and mentally fit. A perfect body is not always necessary – just think about the disabled sportsmen

NAME AND DISCUSS THE SIGNS AND SYMPTOMS OF A BROKEN BONE

SOURCE: "LEERPLAN EN HANDLEIDING VIR DIE VERTIKALE OPLEIDING VAN AFRIGTERS EN INSTRUKTEURS OP PROVINSIALE EN NASIONALE VLAK"

ANSWER:

Pain- on the place where the bone is broken

Swelling- is normally visible around the area of the break

Limitation of normal movement- the limb or body part can not be used for its normal function

Deformed- the two bone parts are not in their normal relation to one another and the limb is visually in an abnormal position

Shortening- the two bone points may be lying next to each other which makes the whole limb appear shorter

Abnormal movement- on the place where the bone is broken, abnormal movement might occur

Crackling- it is the sound that might occur when two pieces of bone rub against each other

Shock- a person with a broken bone, always suffers from shock, and the measure of shock depends on the severity of the break

DESCRIBE HOW TO TREAT A BROKEN BONE

SOURCE: "LEERPLAN EN HANDLEIDING VIR DIE VERTIKALE OPLEIDING VAN AFRIGTERS EN INSTRUKTEURS OP PROVINSIALE EN NASIONALE VLAK"

ANSWER:

Treat a broken bone on the scene. The wrestler must not be transported, even if it is only a short distance, unless the limb has been made as immobile as possible through splints and bandages

Treat any bleeding that may accompany the break

Treat any wounds that may be present. Do not treat the point of an emerging bone with antiseptic and don't wash the wound

Keep the injured limb as still as possible to prevent further injury

Gently place the injured person in a comfortable position without using force

Use the necessary splints, bandages, fillings and straps to keep the limb as immobile as possible

Treat the injured person for shock

Immediately call for a doctor or take the injured person to hospital as soon as possible

DISCUSS THE SPRAINING OF A JOINT UNDER THE FOLLOWING HEADINGS

- **SIGNS AND SYMPTOMS**
- **TREATMENT**

SOURCE: "LEERPLAN EN HANDLEIDING VIR DIE VERTIKALE OPLEIDING VAN AFRIGTERS EN INSTRUKTEURS OP PROVINSIALE EN NASIONALE VLAK"

ANSWER:

SIGNS AND SYMPTOMS:

Pain in the area of the injured joint

Normal movement of the joint is obstructed

Swelling occurs on the injured spot

Coloration around the joint may occur as a result of bleeding in the ligaments

TREATMENT:

Prohibit the wrestler to move or use the injured limb

Treat the wrestler for shock

Bandage the joint tightly and continuously wet with cold water. If it no longer brings relief, take the bandage off and re-strap it. If possible put ice-packs on the affected area

Gently lift the injured limb and place it in a position that brings most relief to the wrestler

A doctor should then be consulted for further treatment and advise

DISCUSS TORN MUSCLES UNDER THE FOLLOWING HEADINGS

- SIGNS AND SYMPTOMS
- TREATMENT

SOURCE: "LEERPLAN EN HANDLEIDING VIR DIE VERTIKALE OPLEIDING VAN AFRIGTERS EN INSTRUKTEURS OP PROVINSIALE EN NASIONALE VLAK"

ANSWER:

SIGNS AND SYMPTOMS:

A sudden sharp pain in the injured area

Movement of the injured area, increases the pain

A gap or hollow between the two torn muscle ends

TREATMENT:

Place the wrestler in a comfortable position

Treat for shock

Support the injured limb in a position that is most comfortable for the wrestler

After the injured area has been opened, bandage it tightly and wet continuously with cold water

A doctor should be consulted as quickly as possible for further treatment

DISCUSS DISLOCATION UNDER THE FOLLOWING HEADINGS

SIGNS AND SYMPTOMS

TREATMENT

SOURCE: "LEERPLAN EN HANDLEIDING VIR DIE VERTIKALE OPLEIDING VAN AFRIGTERS EN INSTRUKTEURS OP PROVINSIALE EN NASIONALE VLAK"

ANSWER:

SIGNS AND SYMPTOMS:

Pain in the area of the joint

The affected area feels lame and powerless

Signs of shock

Deforming- i.e. The bones are not in a normal position

Movement at the joint is impossible or limited

Swelling and coloration of the joint will occur later as well as bleeding in the ligaments

TREATMENT:

Don't try and replace the dislocation as it might be detrimental

Transport the injured party to a doctor or hospital as soon as possible as this injury needs to be rectified as soon as possible

Keep the limb still and support it in a position that is comfortable

Treat for shock

If the wrestler needs to be transported, support the injured area with fillings and bandages without using force, to make the person as comfortable as possible

If there is an open wound with the dislocation, prevent any further damage by trying to wash the wound or using bandages.

DISCUSS CONCUSSION AND HAEMORRHAGING UNDER THE FOLLOWING HEADINGS

- SIGNS AND SYMPTOMS
- TREATMENT

SOURCE: "LEERPLAN EN HANDLEIDING VIR DIE VERTIKALE OPLEIDING VAN AFRIGTERS EN INSTRUKTEURS OP PROVINSIALE EN NASIONALE VLAK"

ANSWER:

SIGNS AND SYMPTOMS OF HAEMORRHAGING

Unconsciousness in a lesser or larger extent may occur

The face becomes pale

The skin is cold and damp and the temperature is below normal

The pulse is fast and weak

Breathing is superficial

SIGNS AND SYMPTOMS OF CONCUSSION

Unconsciousness normally occurs slowly and can be light or deep

The face becomes blushing red

The body temperature becomes high

The pulse is slow but strong

Breathing becomes slow, deep or snoring

The pupils become large and fixed and are often unbalanced

Paralysis of one side of the body may occur, depending on the site of the pressure

Bleeding from the nose or ears is possible

TREATMENT FOR HAEMORRHAGING OR CONCUSSION

Head and shoulders must be held high (low for concussion and shock)

Apply cold compression of ice on head, but not over the wound, if any

Do not try and wake the wrestler under any circumstances

Each case must be treated and regarded as dangerous, and all unnecessary movements should be avoided, as bleeding may occur only after a while

Take the wrestler to a doctor or hospital as soon as possible

NAME AND DISCUSS THE 5 BASIC COMPONENTS OF FITNESS:

SOURCE: DICK AND ARRIE

ANSWER:

1. Strength - according to physics, strength is work whereby a relatively large mass is moved over a small distance with little acceleration. Without the necessary strength, the following components cannot be effectively applied. The development of brute strength is essential in the make-up of a good wrestler
2. Speed – according to physics, speed is work whereby a relatively small mass is moved over a distance with a lot of acceleration;
3. Endurance – according to physics, endurance is work whereby a relative mass is moved over a long distance with little acceleration;
4. Technique – is the learning of specific handling, movements and grips by continuous repetition so that it later becomes automatic;
5. Balance – a factor that is aimed to take up a position at the application of an activity, so that the action can be performed correctly without the stability and balance being disturbed.

DISCUSS STRENGTH AS AN IMPORTANT COMPONENT OF THE WRESTLER’S MAKE UP

SOURCE: PHYSICAL QUALIFICATIONS AND STRENGTH REQUIREMENTS

ANSWER:

As we are already aware, the components of fitness are: strength, speed, endurance, technique and balance. The importance of strength in wrestling competitions is often underestimated by wrestlers and coaches. Research shows that without the required strength, components like fitness, speed and endurance cannot be used effectively.

All coaches and wrestling sources as well as world quality wrestlers who write about their careers, are in agreement that a wrestler should have or develop the necessary strength to be successful in his wrestling career.

A group of outstanding wrestling coaches all agree that to achieve success, “total body strength” is the most important factor. It is also said that brute strength is of more value to a wrestler than slow strength, which is developed through exercise with heavy weights with few repetitions. Brute strength is rather measured by the maximum repetitions in a short space of time, e.g. In 30 seconds with light, weights. With the term “total body strength” it is meant that a wrestler should develop all types of strength to offer him a reasonable chance in any situation in which he might find himself during a wrestling match. Experience has shown that the stronger wrestler is usually the better wrestler. With a high level of strength, the wrestler possesses a higher level of endurance, speed, and faster reactions, and will have fewer injuries. Between two wrestlers with equal experience, technique and other factors, the stronger wrestler will win.

NAME THE CATEGORIES WHEREIN THE SKILL TECHNIQUES CAN BE DIVIDED AND ALSO MENTION WHICH SKILL TECHNIQUE CAN BE DIVIDED INTO WHICH CATEGORY:

ANSWER:

1. Stance – Skill: Stance
2. Movement – Skill: movement, level change and penetration
3. Lifting – Skill: lifting, back step and back arch

SHORTLY DESCRIBE THE FOLLOWING IN WRESTLING:

TOTAL WRESTLING
UNIVERSAL WRESTLING
RISK WRESTLING

ANSWER:

Total wrestling – This contains the dynamic aspect of our sport. It is expected of wrestlers to carry out attacks and counter-attacks during the whole match, the match must be action packed. Total wrestling demands well developed endurance, which is a basic element as well as speed and speed endurance. This is a new quality, which is an indispensable requirement for total wrestling.

Wrestling is a “sprinter” discipline and not a “marathon” principle.

Total wrestling demands a fast pace of continuous action. Any wrestler, who does not comply with these demands, will be penalized according to the rules.

Universal wrestling – This is a concept of quality that will raise the content of wrestling and which can be developed as a result of shorter time spans of matches. Universal wrestling demands more action and grips and the development of new techniques.

This only applies in standing and mat wrestling. Mat wrestling has been restored in honour and forms an integral part of wrestling. An impressive amount of grips combined with speed endurance, creates the opportunity for wrestlers to use a variety of techniques and variations. The wide variety of possible grips in wrestling is indeed impressive and universal wrestling can only expand on the grounds of a highly developed technique culture.

Risk wrestling – In all forms of sport, attack and counter-attack bears a measure of risk. In no other sport except for wrestling, is the fear and hesitation to take risks so overwhelming. Excuses like “the opponent is too strong” or “the wrestlers know each other” are no longer accepted. No excuse can justify passivity. The ability to take risks is a quality of strength. The coach must insist on this psychological factor. He is responsible for the development of this moral and superficial quality and should encourage and inspire the wrestlers to take risks in the execution of their grips.

DISCUSS THE PHILOSOPHY OF WRESTLING UNDER THE FOLLOWING HEADINGS:

THE PARENT
THE OFFICIAL
THE COACH
THE WRESTLER

ANSWER:

The Parent – Before the parent was interested in wrestling, he never experienced the following:

Worry over sons weight

Sons diet must be watched

Must attend wrestling practice and competitions

Loud encouragement next to the side of the mat to encourage son, club or province

Must help in kitchen to raise funds for clubs

This has all become important and a new experience. Everything that was of no concern before has now become a way of life.

The Official

You must get a learning plan in order

Write exams and encourage yourself to get a higher grading

Makes decisions for which he is either praised or condemned

Be exposed to certain forms of criticism

All this is, in your new position, and experience that you never thought of before

The Coach

You are suddenly looked upon to share you knowledge

You are expected to do tasks at certain times for which you will receive no remuneration

You must take the lead, be father, mother and advisor to other people's children

You must encourage, reprimand and sympathize where necessary

You are praised or mocked according to the success or failure of the wrestler

You routine changes drastically with an activity that has become part of you daily lifestyle

The Wrestler

Must learn new techniques

Must appear before spectators

Must watch weight and eating habits

Must learn to think from an early age

Must compete for a position

High expectations from parents, coaches, friends, club, province or country

Becomes disciplined to attend practices and competitions at certain times

The triumph or tragedy – celebrate a victory or cry over a loss.

BRIEFLY DISCUSS THE INFLUENCE THAT A PARENT-CHILD RELATIONSHIP WILL HAVE ON THE SUCCESS OF A WRESTLER IN HIS CAREER

ANSWER:

It is well known that parents encourage their children to develop their talents and also to compare their children with others their own age on the sports area. It is felt that on the sport fields, children learn to deal with winning and losing and how to react in these situations. The experience of winning and losing are both important for the development of a balanced personality. Physical activities especially sport, give the child the perfect opportunity to try and test these aspects.

Should this phenomenon be applied for the promotion and development of the individual, then, no fault can be found. Unfortunately it does not stay there. As soon as some parents realize that their child has a special ability in sport or a certain sport type, great expectations and ideals are put on the

child; often ideals that the parent had for himself, but could never carry through. Extreme pressure is then placed on the young child. This kind of pressure from the parent often gives the child a negative feeling. When the winning pressure is over exaggerated by the parent, something usually has to suffer, and it is usually the participant. Stressed children of whom unnatural achievements are expected, normally suffer more harm than the value they can gain of a highly competitive sport. When the pressure on the side of the parent increases, the participant realizes that only a win will satisfy them. He develops a feeling of threat. It now isn't out of free will that the child participates in the sport, what now drives the child is the feeling that it is expected of him to participate and do better and better.

It is performance pressure that the child is placed under. Parents often become so involved with the match decision and unhappy about their child's performance that it often leads to problems between the child and also the coach. The impossible is often expected from coaches with the result that it affects the worthiness of the child and the coach. Only when the parent and coach can create a stress free and spontaneous participation from the child, can a claim be made to a responsible and balanced participation. The answer is thus: a balanced participation by the parent with the highest goal being the participation in the sport; a well-grounded sport education. It is important that a child knows that his parents are interested in what he is doing, this gives security, it is a guarantee that his parents will always be there to offer advice when necessary. In his sporting education, a child needs close observation.

HOW DO YOU BECOME A GOOD SPORTSMAN?

SOURCE: Verbeter jou sportprestasie deur emosionele intelligensie ISBN 0-624-04395-9

- Show respect and be friendly towards team members and opponents.
- Don't brag just to impress other people.
- Say "good match" after the match irrespective whether your opponent won or lost.
- Give recognition to other wrestlers when they perform well.
- Study and know the rules of the sport.
- Always arrive on time for practice and matches, even if you are the star of the team your team mates and will appreciate the effort.
- Listen to your coach and follow his/her instructions.
- Don't argue with the officials if you don't agree with their decision. If you don't understand ask politely.
- If you can't say positive things about your opponent, rather keep quiet.
- Don't make excuses when you lose.
- Even if you are the best wrestler give everybody an opportunity.
- Sometimes you have to listen. Listen without back chatting.
- Don't cheat in the long run you won't win.
- Enjoy it. Don't forget that is what sport is about.

THERE ARE THREE KINDS OF FITNESS IN SPORT. NAME AND DISCUSS THESE TYPES

SOURCE: DICK AND ARRIE

ANSWER:

1. General fitness – It is a condition where the human body is capable, without any side effects, to complete its daily tasks;
2. Medical fitness – This is where the organs and limbs are free from any defects, which will

- negatively, affect the system;
3. Specific fitness – This is when different systems of the human body are specifically prepared to complete a specialized task at a high quality, according to the prescription of a certain activity.

DISCUSS MOTIVATION UNDER THE FOLLOWING HEADS:

INTRINSIC MOTIVATION

EXTRINSIC MOTIVATION

SHORT TERM MOTIVATION

LONG TERM MOTIVATION

SOURCE: “LEERPLAN EN HANDLEIDING VIR DIE VERTIKALE OPLEIDING VAN AFRIGTERS EN INSTRUKTEURS OP PROVINSIALE EN NASIONALE VLAK”

ANSWER:

INTRINSIC MOTIVATION – Here the coach must try and move his wrestlers in such a manner that they deepen themselves in their tasks spontaneously and without strain. The coach is thus the one who must lead with enthusiasm and only then he will achieve enthusiasm and determination in his wrestlers.

EXTRINSIC MOTIVATION – This implies in general; punishment, reward and competition. A combination of punishment and reward must be effected. Competition is a very strong motivation, but must occur on a healthy basis.

SHORT TERM MOTIVATION – This is the motivation of a wrestler from match to match during a championship. Speak to a wrestler about his faults in previous matches and make him believe that he is able to overcome his faults and win. Discuss his next opponents with him and point out his opponent’s weaknesses and strong points, in order to prepare him.

LONG TERM MOTIVATION – This is the motivation of a wrestler over a long period of time. The coach must see his exercise program and long-term motivation as an integrated program. As the wrestler prepares for springbok trials, the coach would have started getting his wrestler fit a long time ago. If he wants to be successful, the coach must prepare his wrestler physically and mentally. This is long-term motivation.

NAME AND DISCUSS SPECIFIC TECHNIQUES TO IMPROVE YOUR PERFORMANCE

SOURCE: Verbeter jou sportprestasie deur emosionele intelligensie ISBN 0-624-04395-9

ANSWER:

Relaxation:

Training in relaxation teaches you to recognise the early warning sign of tension and how to replace this tension with the sensation of relaxation.

Visualisation:

Visualisation entails the formation of imaginary pictures of what you want to do and how you want to perform. Visualisation to improve your performance equates to mental preparation for an upcoming competition.

Breathing:

The way you breathe affects the way you perform.

When highly stressed wrestlers tend to stop breathing, hyperventilate or breathe short sharp

breaths, which as a negative influence on your performance.

When tensed, deep breathing will help to bring you body and mind back to the reality and reduce stress.

Emotional control and strategies to maintain emotional control:

Emotional control is one of the most important elements of emotional intelligence.

People that are in control of their feelings can handle any situation that arises with ease.

Focus and centralizing:

In order to maintain good focus you need to stay focused on the task at hand. Sport men and women often make the mistake of thinking about the outcome of a match while they are still busy with the match. Thoughts like: will I be quick, good or strong enough inhibits concentration.

Self-talk:

Do you find that you maintain the same pattern of negative thoughts and do you realise that these thoughts and beliefs impair your performance. What you need are a couple of positive phrases that will help to maintain a positive attitude.

Body posture:

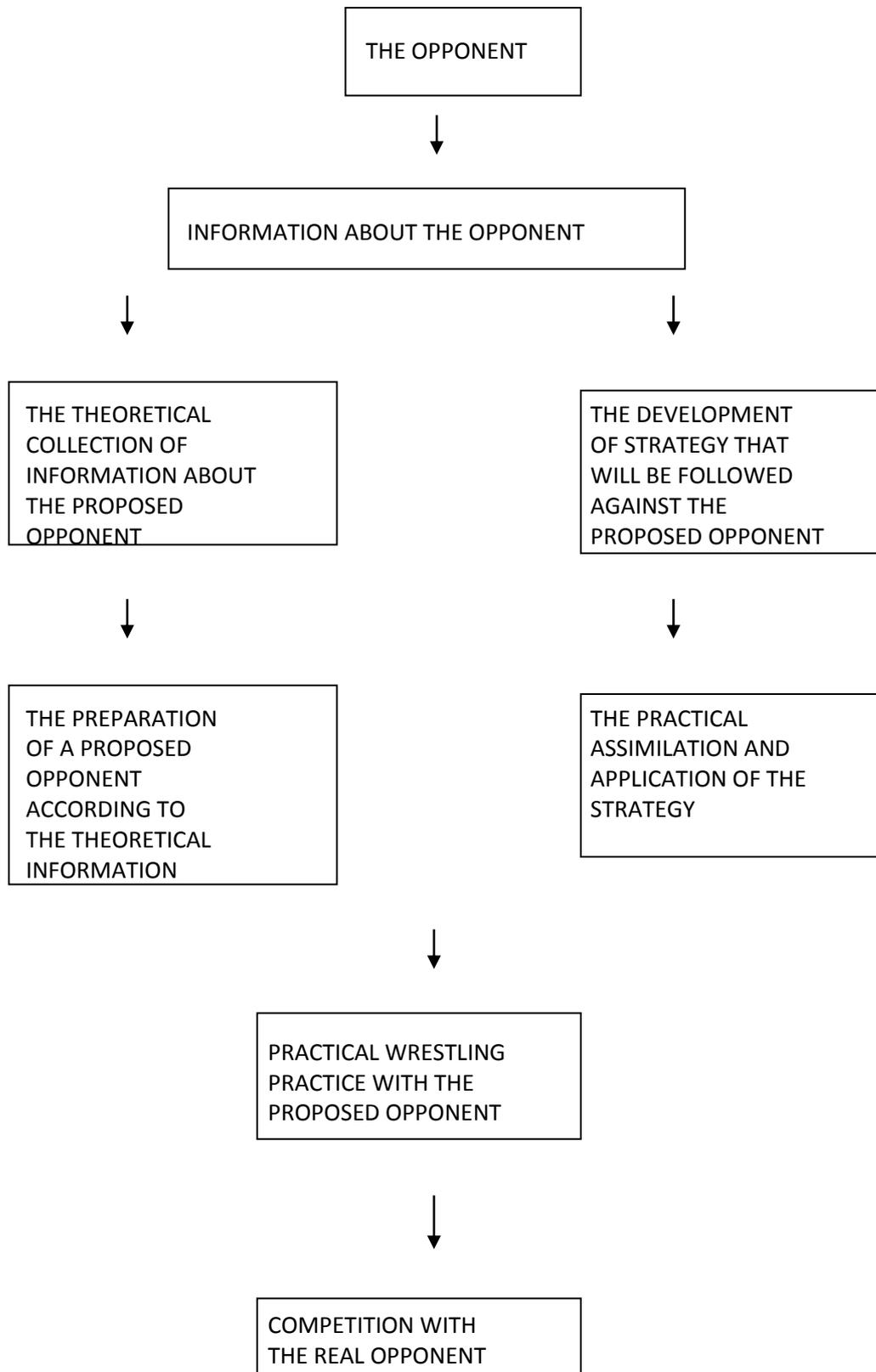
Every emotion you experience has an influence on your posture, breathing, the way you move and your facial expression.

You can experience positive feelings, like being cheerful by changing the way you use your body by acting as if you are already experiencing that specific feeling.

Routine before a match:

Many wrestlers find that they perform poorly during competition, in comparison with training and coaching sessions. This normally relates to the absence of stress during training sessions, while strongly present during competition. Remember positive thoughts can reduce stress.

Make a schematic proposal of how you would prepare your wrestler for a match against a specific opponent



DISCUSS FULLY HOW YOU WOULD GO ABOUT STARTING A NEW WRESTLING CLUB

ANSWER:

1. Thorough planning beforehand
 - Is there a need for such a club?
 - Is there a suitable meeting place?
 - Are there suitable people to be on the committee?
 - Is there a source of income?

2. Give notice of the first general meeting
 - Organizers must invite all possible interested parties in writing
 - Content of notice:
 - Exact date, time and place
 - Persons who will act as temporary president and secretary will be chosen
 - Purpose of meeting
 - Official launch of the club etc
 - Decide on name for club etc
 - Determine the activities of the club
 - Voting of a temporary committee to draw up the concept constitution etc

3. First general meeting
 - President explains purpose of club and opportunity for discussions and proposals
 - Execution of the purpose of the meeting
 - President must be enthusiastic about the task

4. Duties of temporary committee
 - Draft an industrious program
 - Draft a concept constitution

 - Circumscribe goals
 - Membership – who may join
 - Choosing the committee
 - Working method of club management
 - How often will meetings be held
 - Determine quorum
 - Voting procedures at meetings
 - Recruiting for temporary positions
 - Annual General Meeting
 - When it will be held
 - Notice of the AGM
 - Determining the quorum
 - Matters for the Annual General Meeting
 - Voting of President
 - Financial report
 - Electing new committee
 - General
 - Finances
 - Open a bank account
 - Who will sign cheques

5. Second general meeting
- Notice to all interested parties and all who attended first meeting
 - Purpose of meeting:
 - Handle the concept constitution, amendments if any and acceptance thereof
 - Electing a committee according to the constitution
 - Discussion of any matter, which involves the organization

SETTING GOALS IS MOST PROBABLY THE MOST EFFECTIVE WAY TO FOCUS GET FOCUSED AND IMPROVE YOUR SELF CONFIDENCE.

SOURCE: Verbeter jou sportprestasie deur emosionele intelligensie ISBN 0-624-04395-9

ANSWER:

CHARACTERISTIC OF GOALS

REMEMBER

Goals must be realistic and achievable

It must be measurable

Firstly formulate long term goals then short term goals that must be achieved at different times in order to achieve long term goals

One can reset and change goals depending on the circumstances or needs

DEFINE THE TERM "SET-UP"

SOURCE: SAWCC QUESTIONNAIRE

ANSWER:

It is a conscious plan or action of a wrestler to lead his opponent in to a ambush by making him believe that he will act in a given way or plan to act in a given way while actually executing his own plan or action.

REMEMBER

Setting-up an opponent is of critical importance in order to put your opponent of balance or to execute your own technique.

DEFINE AND DESCRIBE THE TERM "OFF SETTING THE BALANCE OF AN OPPONENT"

SOURCE: SAWCC QUESTIONNAIRE

ANSWER:

To disturb or off set the good or balanced position of your opponent in the standing or "parre terre" position by placing him in a poor position where his centre of gravity is outside the imaginary circle of good balance.

Disturbing or off-setting the balance off a wrestler is achieved by forcing your opponent to move by means of physical contact or faking contact with your opponent.

DEFINE LONG TERM PARTICIPANT DEVELOPMENT?

Answer:

Long Term Participant Development (LTPD) is about achieving optimal training, competition and recovery throughout an athlete's career, particularly in relation to the important growth and development years of young people. LTPD is athlete centred, coach driven, administration, sports science and sponsor supported.

LTPD is a philosophy through which we can establish optimal performance, growth and development in order to obtain a value system which is representative of the aspirations of the whole nation of South Africa.

NAME THE SEVEN STAGES OF LONG TERM PARTICIPANT DEVELOPMENT?

Answer:

Stages

The first 3 encourage physical literacy and sport for all:

- | | |
|----------------------|-------------------------|
| 1. Active Start | <i>Active Start</i> |
| 2. Fundamental stage | <i>FUNDamentals</i> |
| 3. Learn to Train | <i>Learn to Wrestle</i> |

The next 3 focus on excellence and performance:

- | | |
|---------------------|-----------------------------------|
| 4. Train to Train | <i>Formalised Training</i> |
| 5. Train to Compete | <i>Train to Compete</i> |
| 6. Train to Win | <i>Train for peak performance</i> |

The final stage encourages life-long physical activity:

- | | |
|--------------------|--------------------------|
| 7. Active for Life | <i>Enriched for Life</i> |
|--------------------|--------------------------|

NAME THE TEN KEY FACTORS INFLUENCING LTPD?

Answer:

1. Continuous Improvement (kaizen)
2. The FUNdamentals - Developing Physical Literacy
3. Age
4. Mental, Cognitive and Emotional Development
5. Specialisation
6. Trainability
7. Periodisation (Annual training, competition & recovery)
8. Success comes through excellence (Excellence takes time)
9. Calendar Planning for Competition
10. System Alignment and Integration