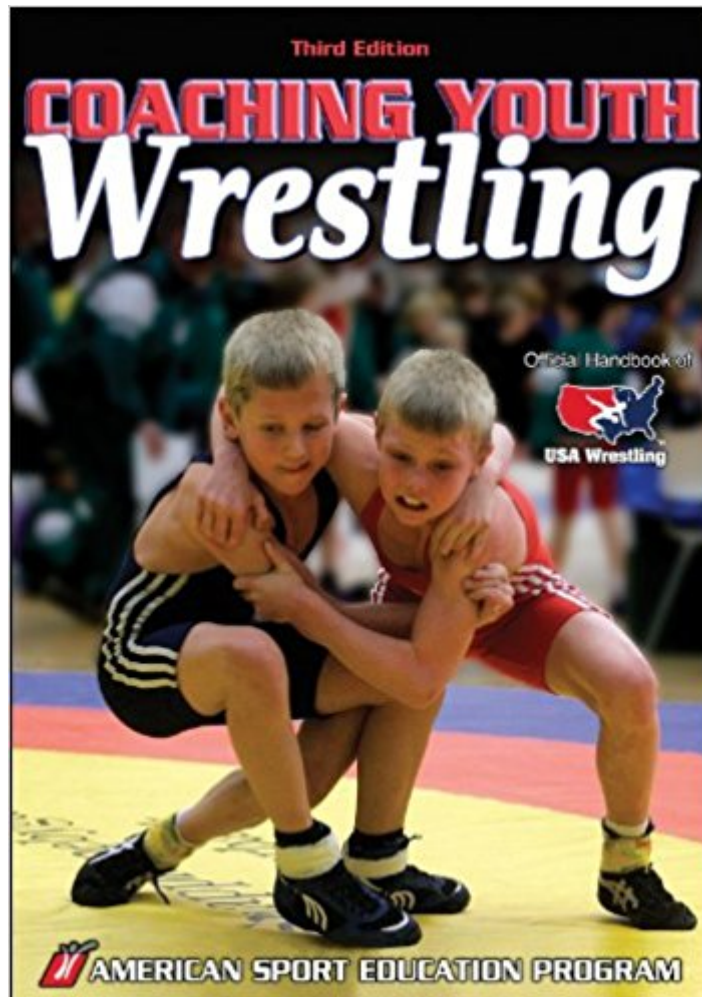


The book was found

Coaching Youth Wrestling - 3rd Edition (Coaching Youth Sports Series)



Synopsis

Coaching Youth Wrestling, Third Edition, stresses fun, safety, and effective instruction, helping you create an environment that promotes learning, helps your kids enjoy their wrestling experiences, and motivates your wrestlers to come out year after year. Ideal for coaches of wrestlers ages 8 to 14, Coaching Youth Wrestling teaches you how to convey folk-style wrestling skills to your athletes in an engaging and positive manner. Its focus on teaching fundamental wrestling skills and techniques through matchlike activities sets it apart from other wrestling coaching books. And it's the only one written with the expertise of USA Wrestling. Sequenced and specific chapters help you learn, retain, and reference in a flash. And skill-teaching activities and more than 20 age-appropriate coaching tips are sure to bring focus and fun to your practices. You'll get an in-depth look at wrestling fundamentals and the most effective teaching methods with updated and expanded information on coaching top and bottom techniques, coaching attacks and counterattacks, and teaching basic skills. A straightforward discussion of weight classes and safety considerations prepares you to help your wrestlers make weight using safe, age-appropriate methods. The expertise of USA Wrestling, combined with essential coaching skills such as communicating with parents and officials, motivating players, and preparing for matches and practices, make this book a must-read as you prepare to meet the challenges and enjoy the rewards of coaching young wrestlers.

Book Information

Series: Coaching Youth Sports Series

Paperback: 208 pages

Publisher: Human Kinetics; 3 edition (October 12, 2007)

Language: English

ISBN-10: 0736067116

ISBN-13: 978-0736067119

Product Dimensions: 7 x 0.4 x 10 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (22 customer reviews)

Best Sellers Rank: #152,919 in Books (See Top 100 in Books) [#18 in Books > Sports & Outdoors > Coaching > Children's Sports](#) [#85 in Books > Sports & Outdoors > Individual Sports > Wrestling](#) [#22587 in Books > Health, Fitness & Dieting](#)

Customer Reviews

We bought this book along with another one for our 5 year son for husband to help coach him his first year. It has good stuff in it, but my husband was hoping it had more beginning drills in it.

This book is a little marvel.I got it as I am coaching a group of adult beginners...and it's really helpful....my wrestlers are slow to learn moves and not too agile, so the slow/kids approach is perfect.A bit disconcerting, all the photos of mere kids doing the moves...but that's to be expected as it's originally a teach-kids book.But it's really much more than that. It can serve as a premier at any level.The explanataions are very clear and can usefully be adapted..so often it's difficult to put into words information about moves, stances etc.This little marvel does it very well.10 out of 10

This really helped my son! Before the book all he would do is cry (he was only 4)! Even though i tried to make it fun, he would lose all the time. This year he got two trophies and a metal! Boy was he proud too! If i only took one thing away from it, it would be don't get frustrated with the little guys, and make it super fun!

Very good for inexperienced, novice coaches and a nice review for coaches moving from high school to youth wrestlers. Thorough overview of the basics - nice addition to the library...

I liked the simplicity of this book. I haven't wrestled now for over 20 years so it helped to refresh my memory on a lot of things to help my son.

This book gave excellent tips, ideas to keep practice moving.

The material was dead on for the USA Wrestling coach certification. Excellent text to teach the fundamentals of wrestling. I recommend anyone coaching wrestling to buy this text.

I bought this to help my son with wrestling and it has been a great teaching tool for me. This has helped my son improve this year dramatically.

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