



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

American Sport Education Program

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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.

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