



# 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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### **From reader reviews:**

#### **Steven Bemis:**

Reading can called brain hangout, why? Because when you are reading a book specially book entitled Coaching Youth Wrestling - 3rd Edition (Coaching Youth Sports Series) your mind will drift away trough every dimension, wandering in most aspect that maybe unknown for but surely can be your mind friends. Imaging each and every word written in a guide then become one web form conclusion and explanation this maybe you never get previous to. The Coaching Youth Wrestling - 3rd Edition (Coaching Youth Sports Series) giving you a different experience more than blown away your head but also giving you useful info for your better life in this era. So now let us show you the relaxing pattern the following is your body and mind will likely be pleased when you are finished looking at it, like winning a sport. Do you want to try this extraordinary shelling out spare time activity?

#### **Jason Ayers:**

Coaching Youth Wrestling - 3rd Edition (Coaching Youth Sports Series) can be one of your basic books that are good idea. All of us recommend that straight away because this e-book has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining but delivering the information. The writer giving his/her effort to put every word into satisfaction arrangement in writing Coaching Youth Wrestling - 3rd Edition (Coaching Youth Sports Series) although doesn't forget the main point, giving the reader the hottest as well as based confirm resource information that maybe you can be one of it. This great information can easily drawn you into new stage of crucial contemplating.

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