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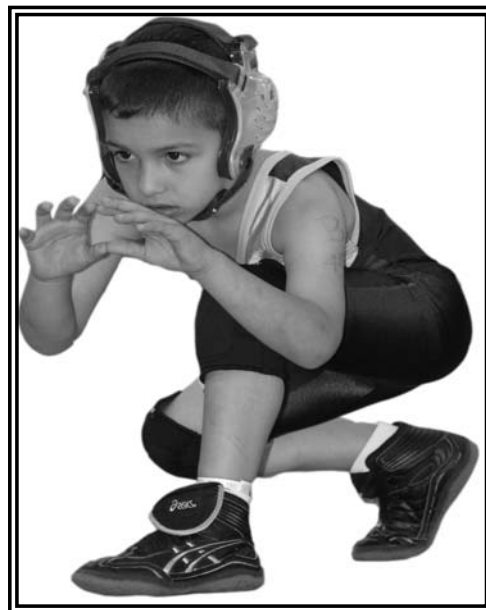
Coaching Youth Wrestling 2nd Edition

This guide offers insight for parents and coaches on how to develop youth interest in the sport of wrestling. The book focuses on the importance of the basic skills, as well as the games approach to coaching youth wrestling. The book is filled with games and activities that will help make any youth program more successful.

Major topics of discussion include: The Games Approach to Coaching, Teaching and Shaping Skills, Tactics and Skills, Season Plans for ages 6 to 15 year olds, Communicating as a Coach, Match-Day Coaching.

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