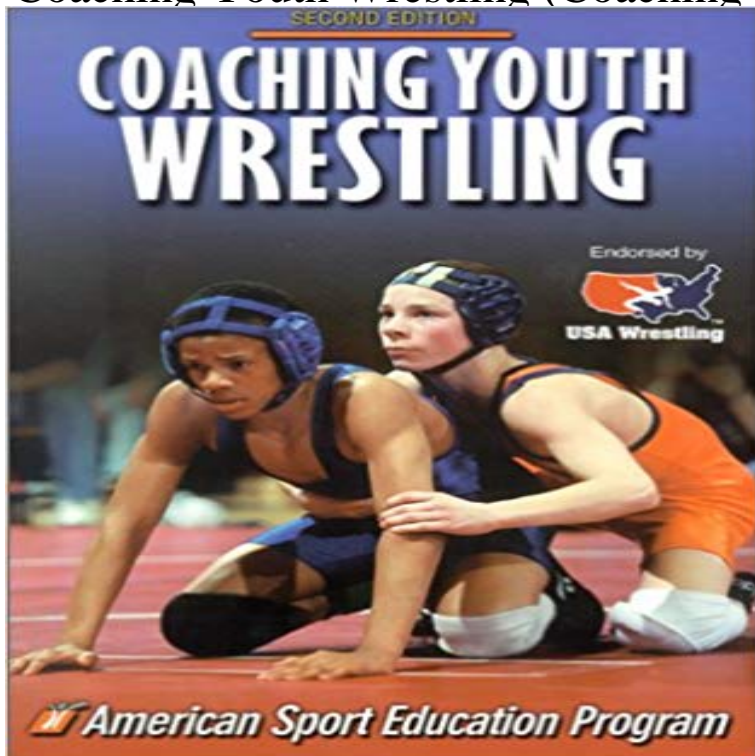


Coaching Youth Wrestling (Coaching Youth Sports)



This coaching guide contains specific programs for both boys and girls wrestling, including specifics on equipment, tactics, conditioning, nutrition and making weight. It also has chapters on communicating with your athletes and their parents, teaching and developing wrestling skills, planning and conducting practices, coaching during matches and a special chapter on the games approach to coaching wrestling.

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