



Coaching Youth Wrestling (Paperback)

By Asep

Human Kinetics Publishers, United States, 2007. Paperback. Condition: New. 3rd Revised edition. Language: English . Brand New Book. This is a practical, easy-to-use resource that will help youth wrestling coaches understand how to prepare and run a successful youth wrestling season. Whether the reader is a parent new to coaching, or an experienced youth coach, Coaching Youth Wrestling will be a valuable tool that will help run a successful wrestling programme for children aged 8 to 14. Fun, safety and effective instruction are stressed, helping to create an environment that promotes learning, helps children to enjoy their wrestling experiences and motivates athletes to participate year-after-year. This new edition has been reorganised to provide a better learning experience. In addition to teaching the fundamentals of wrestling, key communication issues are addressed, including communicating with both parents and athletes and how to communicate with children if he or she is on your team. Important safety information is also covered.



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Reviews

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