



# Rookie Coaches Wrestling Guide

*American Coaching Effectiveness Program, U S A Wrestling*

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**Rookie Coaches Wrestling Guide** American Coaching Effectiveness Program, U S A Wrestling

This is a complete, yet concise book covering the basics of coaching and the fundamentals of wrestling. Developed by the American Coaching Effectiveness Program in co-operation with USA Wrestling, this book is devoted to providing readers with coaching and sport-specific information. It's also the No. 1 resource in the Copper Introductory Level of USA Wrestling's National Coaches Education Program. Youth- and high school-level wrestling coaches will learn their major responsibilities as coaches, the tools required to be effective coaches, the communication skills needed to coach young athletes, the steps in planning and teaching sport skills, the methods for preventing and caring for injuries, and how to protect themselves from legal liability. In addition, this book features the essentials for coaching wrestling, including guidelines for conditioning and weight monitoring, descriptions of how to teach wrestling techniques, illustrations of wrestling skills and drills, a self-test to examine wrestling knowledge, descriptions of practice drills that will develop wrestlers' Seven Basic Skills, and an easy-to-use practice plan to improve wrestlers' abilities throughout the season. With the fundamentals of coaching and wrestling combined in one resource, the Rookie Coaches Wrestling Guide contains everything wrestling coaches need to make their coaching experiences safe, successful, and enjoyable.

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