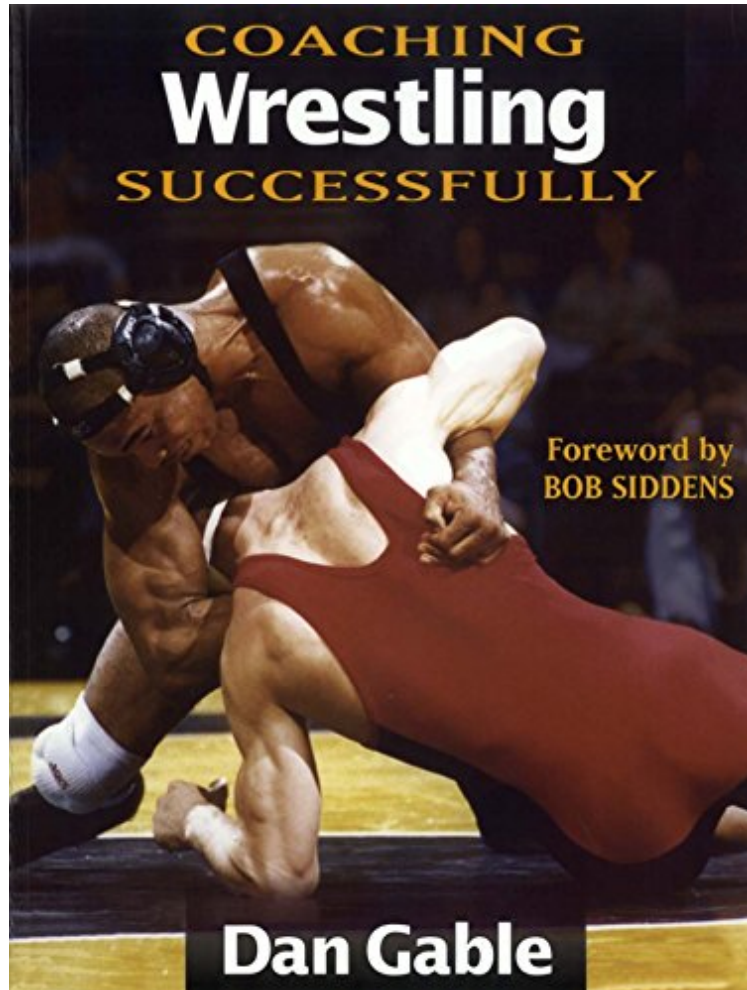


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## Coaching Wrestling Successfully (Coaching Successfully Series)

*Von Dan Gable*

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**Von Dan Gable : Coaching Wrestling Successfully (Coaching Successfully Series)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Coaching Wrestling Successfully (Coaching Successfully Series):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Good overview, too anecdotal! Von Ein Kunde Dan Gable's new book on successful wrestling provides the reader with a lot of interesting history on wrestlers Gable has influenced. And no wrestling reader will be surprised at Gable's focus on attitude and motivation -- since everyone in the wrestling world is familiar with Gable's own focus and success in wrestling. In my opinion, this is the strength of the book: it's capacity to alter a wrestler's attitude. Gable relies too heavily on anecdotes to establish his ideas. There are just simply too many instances where those who familiar with Gable's program might miss the connection between some motivating action Gable has taken and the result. Something I was looking for was more specific moves. One might expect this from one who is arguably the world's

greatest wrestling coach. There are demonstrations of certain moves, and these are actually geared towards higher level wrestlers. One has to assume a certain degree of sophistication in wrestling to make sense of much of what Gable is saying. There are many instances where, if you are not on Gable's level, you won't have any idea what he's referring to. Overall, I was disappointed in some basic areas of the book -- mainly it's broad sweep of actual wrestling moves. And although I didn't purchase the book for it's stories, I was happy and impressed to read them. This is indeed a valuable find just in having first class stories about some of the world's best wrestlers from the world's most famous coach ! For a more detailed, comprehensive explanation of what wrestling should involve, and specific moves to accomplish this, I think Carl Adam's 'World Class Wrestling Manual' is a more valuable resource. Brad Gillespie0 von 0 Kunden fanden die folgende Rezension hilfreich. The most important points of coaching are here. Von Jaqeeq@aol.com Many wrestlers and coaches may base their reviews of a coaching book on the quantity or quality of moves found within. I do believe that the book does well in this area. However, its true success is in its discussion and advice on communication, motivation, planning and developing a philosophy. It is what separates it from other "how to wrestle" books. It is a book for coaches. The basics are the most important part of wrestling, not any special tricks or throws. The edge over other teams is found in the little extras a coach can do to make sure his wrestlers are motivated to learn and to win. This book is exactly what I was looking for. I purchased this book just after the 1998-99 season, my fourth as a head high school coach. My credentials include winning Conference Titles in each of those years, coaching the first Team State qualifier from the conference in '98 and '99 and earning various state coaching awards. I am pleased I have done some of the things Gable suggests, but I believe this book can make things even better next season. Also, I haven't ever been any kind of Dan Gable die-hard, although now I understand why people are.0 von 0 Kunden fanden die folgende Rezension hilfreich. Classic Gable, intense and to the point Von Andy Johnson (dreamkid@aol.com) Though not as detailed as I would have thought, Gable provides great insight on his vast wrestling experience. Included in this book are theories on: motivation, effective practice, evaluating ones own coaching, communicating with wrestlers, and wrestling philosophy. Gable stresses the importance of keeping the sport of wrestling fun and exciting- a necessary ingredient if the sport is to survive. The book can benefit the rookie middle school coach, all the way to the seasoned college coach. Besides the fact, anything Gable writes is a must read for any wrestling coach!

Kurzbeschreibung Dan Gable redefined the term wrestling champion, setting a new standard of excellence for athletes and coaches. Defeated only once throughout his high school and college wrestling careers and unscored upon in his 1972 Olympic gold medal performance, Gable didn't just win on the mat, he dominated his opponents in a relentless, physical style. Gable brought that same competitive toughness and determination to mastering coaching-and the championships came, year after year. In the 21 seasons he was head coach, his University of Iowa teams won 15 national championships and 21 Big Ten championships. Now, in Coaching Wrestling Successfully, Gable presents the blueprint to becoming a wrestling champion. He covers every facet of his formula for success-a guiding philosophy, proven motivational tools, guidelines for proper nutrition and weight control, daily and year-round practice plans, effective instructional methods, correct wrestling technique, and winning match strategies. Important Notice: The digital edition of this book is missing some of the images found in the physical edition. Pressestimmen "" "" Dan Gable is a legend in wrestling and one of the greatest sports coaches of all time. In Coaching Wrestling Successfully, Gable shares many of the secrets to his astonishing success. This is a must-read for wrestling coaches and athletes who wish to achieve their best. "" "" Jim Scherr Executive Director USA Wrestling "" "" Strive for perfection and you will achieve excellence. Dan Gable's record of achievements will go unchallenged! "" "" Bill Weick Head Wrestling Coach Mt. Carmel High School (IL) "" Kurzbeschreibung Dan Gable redefined the term wrestling champion, setting a new standard of excellence for athletes and coaches. Defeated only once throughout his high school and college wrestling careers and unscored upon in his 1972 Olympic gold medal performance, Gable didn't just win on the mat, he dominated his opponents in a relentless, physical style. Gable brought that same competitive toughness and determination to mastering coaching-and the championships came, year after year. In the 21 seasons he was head coach, his University of Iowa teams won 15 national championships and 21 Big Ten championships. Now, in Coaching Wrestling Successfully, Gable presents the blueprint to becoming a wrestling champion. He covers every facet of his formula for success-a guiding philosophy, proven motivational tools, guidelines for proper nutrition and weight control, daily and year-round practice plans, effective instructional methods, correct wrestling technique, and winning match strategies. Important Notice: The digital edition of this book is missing some of the images found in the physical edition.