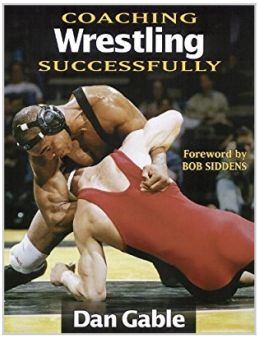
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Coaching Wrestling Successfully (Coaching Successfully Series)

By Dan Gable

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Coaching Wrestling Successfully (Coaching Successfully Series) By Dan Gable

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.

Coaches will find fascinating Gable's formula for success and anecdotes involving his handling of teams and individuals. Athletes will benefit from the folkstyle, freestyle, and Greco-Roman moves and drills. Wrestling fans will enjoy the stories involving Gable and many of the greatest names in the sport. And every reader will marvel at how the master of motivation pushed himself and his wrestlers beyond their perceived potential.

Gable made sure that *Coaching Wrestling Successfully* achieved the same standard of excellence that he demanded of himself as a wrestler and a coach. The result is a championship effort, full of lessons from the legend, from cover to cover.

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""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)

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