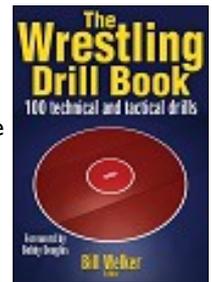


Wrestling Resources

The Wrestling Drill Book ****NEW!****

William A. Welker • 2005 • 256 pp • 073605460X • \$29.95 RRP • **\$27.50 AWU**

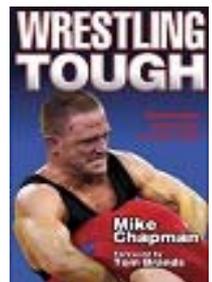
A wrestler's ability to execute his moves quickly and instinctively is often the difference between winning and losing a match. Drills are the most effective practice activities to use to ingrain the instinctive actions and reactions essential for wrestling success. *The Wrestling Drill Book* includes match-tested drills, carefully chosen by coaches who are experts in the specific techniques and tactics they cover. Each drill is described in detail with illustrations, modifications, and coaching points for maximum effectiveness. Beginning with essential movement drills and progressing to takedowns, escapes, reversals, rides, and pinning combinations, the book addresses each fundamental that wrestlers must hone in order to become champions. A customisable practice plan demonstrates how drills can be combined and sequenced for the ultimate wrestling workout. Make practice time productive time. This is an essential manual for success on the mat.



Wrestling Tough ****NEW!****

Mike Chapman • 2005 • 264 pp • 0736056378 • \$29.95 RRP • **\$27.50 AWU**

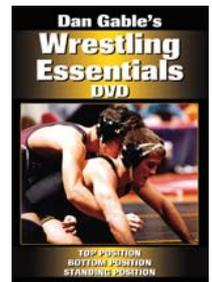
Wrestling as much as any sport requires a special type and level of courage. The arduous training, periodic weight cutting, and public arena for performing are challenges that intimidate all but a special breed of athlete. That isn't even mentioning the sport's very essence: facing off against an opponent who wants to do nothing less than dominate you physically, destroy you emotionally, and humiliate you mentally. *Wrestling Tough* is a unique look at the "stuff" that has characterised the greatest competitors to ever take the mat. Award-winning author Mike Chapman first presents the attributes that serve as a common link among wrestling champions through the decades. From there he details how and when these attitudes, thoughts, and behaviours manifest themselves in the training room and in competition. Even the best athletes and most successful coaches will find something new to add to their skill set.



Dan Gable's Wrestling Essentials DVD

Human Kinetics • 2005 • DVD • 0736060294 • \$101.95 RRP • **\$92.40 AWU**

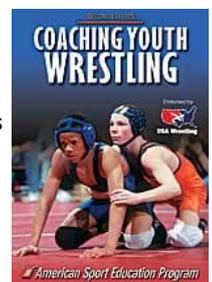
For instruction in the most vital wrestling moves and techniques, legendary coach and wrestler Dan Gable has put together the *Dan Gable Wrestling Essentials DVD* (previously available as a video series). Wrestling's master technician provides highly skilled demonstrations by world-class wrestlers to present his expert instruction, tips, insights, and successful match techniques. *Standing Position* includes everything from driving leg tackles and exciting tosses to simple go-behinds and whipovers. *Top Position* covers the complete range of moves, including everything from wrist and arm controls to leg controls and turning. From base building to cleaning arms and legs, *Bottom Position* shows how incorporating hip-heists, switches, stand-ups, high leg-overs, and whizzers can make any wrestler not only successful in defense but an offensive threat from this position as well. No matter what position you find yourself in, the *Dan Gable Wrestling Essentials DVD* gives you the best shot of walking off the mat a winner.



Coaching Youth Wrestling

American Sport Education Program • 2002 • 168 pp • 0736041591 • \$24.95 RRP • **\$23.10 AWU**

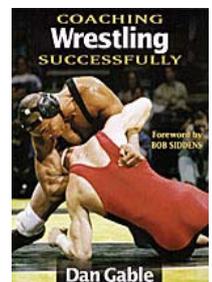
Part of the widely respected and highly popular *Coaching Youth Sports* series, *Coaching Youth Wrestling* was developed to provide coaches with both an explanation of their role and concrete instructions on fulfilling that role. The book contains specific programs for both boys' and girls' wrestling, including specifics on equipment, tactics, conditioning, nutrition and making weight. You will also find chapters on communicating with your athletes and their parents, teaching and developing wrestling skills, planning and conducting practices, and coaching during matches. This book includes a special chapter on the games approach to coaching wrestling, which makes practice more fun for the kids and teaching more effective for the coach!



Coaching Wrestling Successfully

Dan Gable • 1999 • 216 pp • 0873224043 • \$39.95 RRP • **\$36.30 AWU**

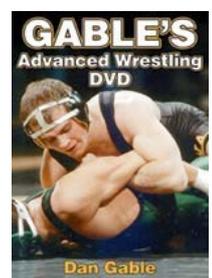
Dan Gable redefined the term wrestling champion, setting a new standard of excellence for athletes and coaches. Now, in *Coaching Wrestling Successfully*, he presents the blueprint to becoming a wrestling champion. The book includes a guiding philosophy, proven motivational tools, guidelines for proper 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. Every reader will marvel at how the master of motivation pushed himself and his wrestlers beyond their perceived potential. This book is a championship effort from cover to cover.



Gable's Advanced Wrestling DVD

Human Kinetics • 2003 • DVD • 0736051546 • \$101.95 RRP • **\$92.40 AWU**

This DVD shows how to master even the most challenging wrestling techniques. *On Your Feet* covers techniques from a standing position, including the stance and ties used in setups, headlocks and bodylocks, double-hand drills, breaking ties on defense, single-and double-leg attacks, tosses, and special moves. *On the Mat* teaches techniques from the top and bottom position, including arm bars, near wrists, arm and leg turks, sit-backs and sit-outs, rolls and granbys, hip heists, counters and pins, switches and stand-ups, standing rolls, and clearing legs and ankles. Gable guides viewers through each technique demonstration, then shows how small adjustments can give wrestlers the winning edge. Previously released as a video series, this DVD includes a bonus feature of Gable discussing leadership and coaching style, focus and motivation techniques, discipline, handling distractions, and what it takes for a wrestler to succeed at the elite level.



Wrestling Resources

Officiating Wrestling ****NEW!****

American Sport Education Program • 2006 • 144 pp • 073605359X • \$27.50 RRP • **\$25.30 AWU**

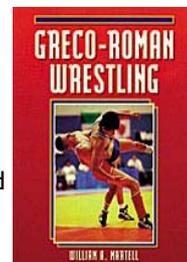
Few athletes can match the intensity that wrestlers bring to the mat. As a wrestling official, you're expected to bring that same intensity to your craft. That means knowing not only the rules but also the mechanics for applying them. *Officiating Wrestling* breaks down the mechanics of officiating the sport to ensure that you're in the right place at the right time to make the right call. Based on officiating mechanics devised and endorsed by the National Federation of State High School Associations (NFHS), *Officiating Wrestling* is the definitive guide for new and experienced high school wrestling officials. Included are guidelines for what's expected of you as a wrestling official, officiating procedures and responsibilities, pre- and postmatch duties, and equipment and safety regulations. Several chapters are dedicated to mechanics, supported by more than 100 photos and illustrations showing positioning, mechanics, and signals. Real-life cases demonstrate correct rulings, point out common officiating errors and how to avoid them, and challenge you to make the right call in match situations. A glossary of key wrestling terms is also included. *Officiating Wrestling* is not a rules book--it's a practical resource for implementing correct mechanics as developed and approved by the NFHS. An added bonus is a special section explaining freestyle for both men and women, as well as Greco-Roman, and the differences between these styles and folkstyle wrestling



Greco-Roman Wrestling

William Martell • 1993 • 176 pp • 0873224086 • \$39.95 RRP • **\$36.30 AWU**

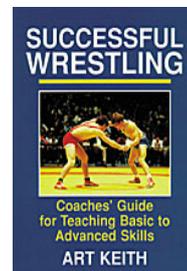
Greco-Roman Wrestling presents championship techniques that will help wrestlers increase their expertise and help traditional folkstyle and freestyle wrestlers become more power-intensive, controlled, and competitive. It features over 500 photos of Greco-Roman fundamentals and Olympic-level scoring moves, and also explains how Greco-Roman can be used to refine other styles of wrestling and which Greco-Roman moves best complement aggressive folkstyle and freestyle techniques. The book also provides information on: how to perform basic body, arm, and head and arm attacks; how to regain control of a match with effective counterattack moves; and how to combine the techniques into powerful scoring opportunities on the mat. A training program with more than 25 weight training and flexibility exercises for conditioning and strength is also provided, along with sample workout calendars for 7-day, 9-day, 5-month, and 1-year periods, to help you design a program to maximise athletes' competitive potential. Coaches and wrestlers at the high school, university, and club levels will find this book to be an excellent reference that will help wrestlers of any style refine, strengthen, and broaden their wrestling skills.



Successful Wrestling

Keith Art • 1990 • 160 pp • 0880113294 • \$35.95 RRP • **\$33.00 AWU**

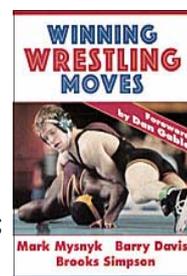
Successful Wrestling takes you step-by-step through 30 wrestling techniques, from simple to complex. This valuable coaching tool is organised by skill progressions rather than by types of skills. The wrestling techniques contained in this coach's handbook are organised into 18 steps. The steps are divided into beginning, intermediate, and advanced skill levels. You'll be amazed at how easy it is to teach different levels of athletes and how each level of technique is linked to the next. Use *Successful Wrestling* as a daily guide in your practice sessions, or just leave it on the mat for your grapplers to review. With 669 sequenced photos, this coaching guide will help your wrestlers actually see how various techniques are performed and will help you turn your grapplers into champions — one step at a time.



Winning Wrestling Moves

Mark Mysnyk • 1994 • 208 pp • 0873224825 • \$35.95 RRP • **\$33.00 AWU**

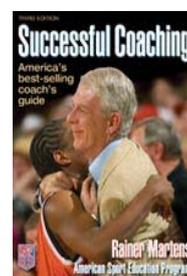
With more than 700 detailed photographs illustrating moves and countermoves, this book shows how to handle any opponent in virtually any situation. *Winning Wrestling Moves* provides high school and university wrestlers and their coaches with all the fundamentals and refinements in wrestling techniques. Three former All-Americans from the University of Iowa—Mark Mysnyk, Barry Davis, and Brooks Simpson—team up to share the techniques that made them champions: proper stance, movement, penetration, and lifting technique; breakdowns, rides, and pins; 200 takedowns featuring variations based on the opponent's reaction; escapes and reversals; valuable counter techniques; and freestyle turns for freestyle and scholastic wrestling. *Winning Wrestling Moves* is a generously illustrated guide that shows wrestlers how to come out on top in every match.



Successful Coaching 3rd Edition

Rainer Martens • 2004 • 520 pp • 0736040129 • \$56.95 RRP • **\$49.50 AWU**

Successful Coaching offers an in-depth introduction to the coaching profession and is specifically written for the high school and serious club coach. Integrating the latest sport science research with practical knowledge acquired by highly experienced coaches, this book features new sections on sportsmanship, coaching diverse athletes, managing athletes' behaviour, preventing and addressing drug and alcohol abuse, and coaching using the games approach. Also new are specific guidelines on sexual harassment, sexual relations, and homosexuality in sport, making it the first book to offer guidelines addressing these issues. *Successful Coaching* is not about Xs and Os; it's about coaching young people to become successful athletes – and successful human beings. With more than 500,000 copies sold since the release of the first edition, *Successful Coaching* is the best-selling general coaching book ever published!

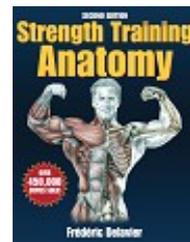


Wrestling Resources

Strength Training Anatomy 2nd Edition ****NEW!****

Frederic Delavier • 2005 • 144 pp • 0736063684 • \$34.95 • **\$31.90 AWU**

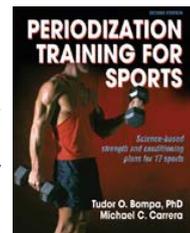
Discover for yourself the magic of one of the best-selling strength training books ever published! Over 400 full-colour anatomical illustrations showcase the muscles used during each exercise and delineate how they interact with surrounding joints and skeletal structures. Like an X-ray of the body in motion, *Strength Training Anatomy 2nd Edition* gives you a multifaceted view of strength training not seen in any other resource. This updated bestseller also contains detailed anatomical analysis of training injuries and preventive measures to help you exercise safely. Chapters are devoted to each major muscle group, with 115 total exercises for arms, shoulders, chest, back, legs, buttocks, and abdomen. [Also available: *Women's Strength Training Anatomy!*]



Periodization Training for Strength 2nd Edition ****NEW!****

Tudor O. Bompa • 2005 • 272 pp • 0736055592 • \$35.95 RRP • **\$33.00 AWU**

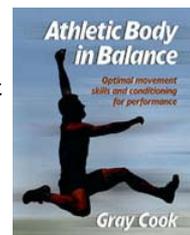
In *Periodization Training for Sports*, Dr. Tudor Bompa, the world's foremost expert on periodization, demonstrates how to use periodized workouts in order to peak at optimal times by manipulating six different training phases: anatomical adaptation, hypertrophy, maximum strength, conversion to power, maintenance, and transition. No more guessing about preseason conditioning, in-season workloads, or appropriate rest and recovery periods; now it's simply a matter of identifying and implementing the information in this book. Presented in a useful format with plenty of ready-made training schedules, *Periodization Training for Sports* gives coaches and athletes in 32 sports a proven program that is sure to produce the best results. If you want to know what works, why it works, and when it works in the training room and on the practice field, this is the book you need.



Athletic Body in Balance

Gray Cook • 2003 • 232 pp • 0736042288 • \$35.95 • **\$33.00 AWU**

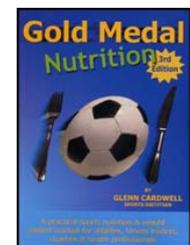
Athletic Body in Balance is the first guide of its kind to show you how to train for smooth, fluid movement and prevent muscle imbalances, mobility restrictions, stability problems, and injuries. This book will help you identify functional weaknesses, correct imbalances, explore your potential, and refine sport-specific movement skills such as jumping, kicking, cutting, and turning. You will see where conditioning is breaking down and how to get your body back on track. Whereas other books concentrate on maximising your strengths, *Athletic Body in Balance* focuses on exposing and overcoming your weaknesses to form a foundation for long-term training gains. Learn how to maintain what you gain and build on your improvement for ultimate athletic performance!



Gold Medal Nutrition 3rd Ed

Glenn Cardwell • 2004 • 122 pp • 0646280368 • \$34.95 • **\$31.90 AWU**

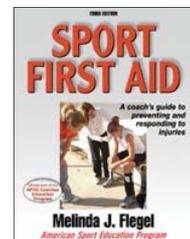
This popular Australian sports nutrition manual is designed for fitness leaders, physical education teachers, coaches, athletes and high school or tertiary students. Easy to read, this practical book takes you through topics such as: the ideal diet for training and competition; which are the best nutrition supplements; what to eat before sport; the best fluids for sport; intelligent eating for body fat loss; protein needs of sport; recovery nutrition; eating for endurance sports; eating to bulk up; understanding and interpreting food labels; getting enough iron and calcium; and tips for traveling and avoiding jet lag. Get a gold medal in sports nutrition with this clear and concise guide!



Sport First Aid 3rd Edition

Melinda J. Flegel • 2004 • 320 pp • 0736037861 • \$56.95 • **\$51.70 AWU**

Sport First Aid teaches coaches how to prevent sport injuries and how to make the correct decisions during on-field emergency situations. The book describes first-response evaluation and treatment techniques for more than 110 injuries and illnesses. Definitions, causes, symptoms, signs, and first aid protocols are included for each injury and ailment, as well as notes on when the athlete can return to play. Heavily illustrated and in full colour, it features the latest guidelines on checking the ABCs (airway, breathing, circulation), administering first aid for choking, and using an AED (automated external defibrillator). *Sport First Aid* also includes the latest information and research on heat-related illnesses and proper hydration, plus a first aid protocol appendix. This is a time- and perhaps life-saving reference tool that all coaches should take with them to the sidelines.



Serious Strength Training 2nd Edition

Tudor Bompa • 2003 • 304 pp • 0736042660 • \$35.95 • **\$33.00 AWU**

Maximise your strength and muscle definition by applying the latest breakthroughs in scientific research to your training. *Serious Strength Training 2nd Edition* presents: scientifically based guidelines for periodization workouts; new information on incorporating popular bodybuilding systems into the periodization plan; 80 exercises that cause the greatest muscle stimulation; and a nutrition periodization program to help you meet the body's changing dietary needs during training phase. This edition also presents a revolutionary metabolically based approach that allows readers to structure their diets to meet their individual metabolic profiles, and includes programs for strength trainers and bodybuilders as well as for those with special needs and interests.

