



# Coaching Wrestling Successfully (Coaching Successfully Series)

*Dan Gable*

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## **Coaching Wrestling Successfully (Coaching Successfully Series) 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.

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