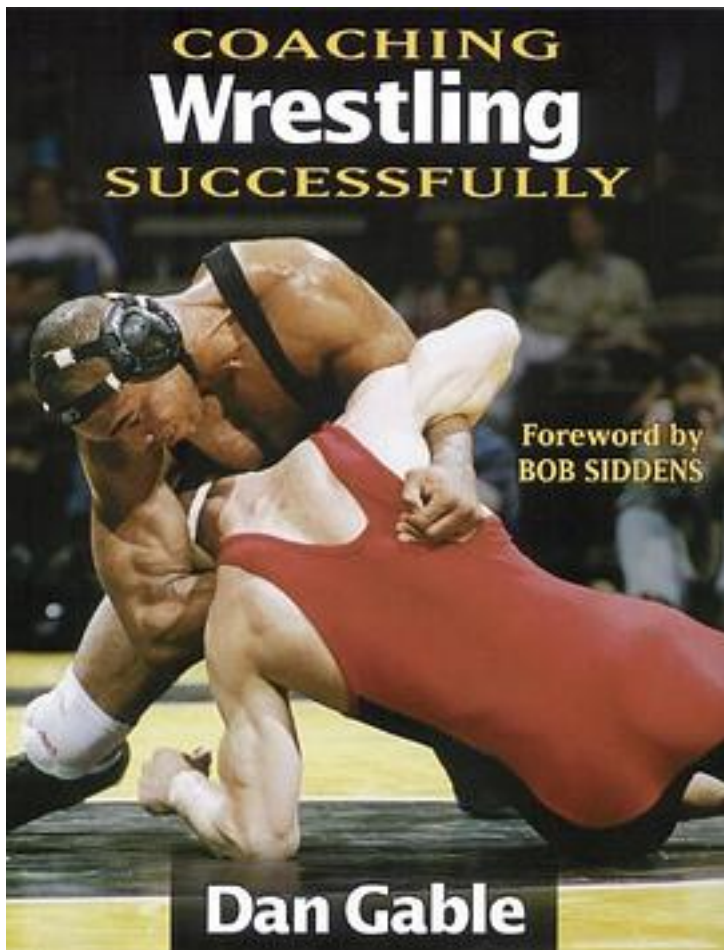


Coaching Wrestling Successfully



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著者:Gable, Dan

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In *Coaching Wrestling Successfully*, Gable shares the special philosophy, motivational techniques, training plans, teaching methods, match strategies, and evaluation systems he used to build his wrestling dynasty. Gable also provides a rare insight into

the influential people, lasting lessons, inner drive, and mental focus that spurred him to championship after championship. If you coach wrestlers, this book is a blueprint on how to be the best. If you wrestle, this book challenges you to develop yourself into a tough, competitive champion. And if you're a wrestling fan, this book is an inside look at the greatest figure ever in the sport.

作者介绍:

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