



# Coaching Youth Wrestling Video - NTSC: The Games Approach

*American Sport Education Program*

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Coaching young wrestlers can be very rewarding, but for volunteer and novice coaches it can also be more than a little intimidating. Fortunately, the American Sport Education Program (ASEP) knows what it takes to help you succeed.

Thousands of youth wrestling coaches have used the *Coaching Youth Wrestling* book to achieve success. Now, the *Coaching Youth Wrestling Video* will show you how to use the games approach in practice, replacing the boredom of drills with fun and engaging games that focus on situations wrestlers face in matches. Through these games, your wrestlers learn 11 essential tactics and techniques that will help them gain an edge over their opponents. The games are designed for optimal learning, fun, and motivation—and they'll help you take your wrestlers to the next level.

The *Coaching Youth Wrestling Video* was produced by ASEP in cooperation with USA Wrestling. It features an introduction by Tom Brands, a 1996 Olympic freestyle gold medalist who is now in his 10th season as an assistant wrestling coach at the University of Iowa. Brands was a four-time All-American at Iowa, garnering three NCAA titles during his collegiate career.

The *Coaching Youth Wrestling Video* is part of ASEP's *Coaching Youth Sports* video series, which accompanies the popular and highly acclaimed *Coaching Youth Sports* books. This video, along with the companion *Coaching Youth Wrestling* book, will help you build your confidence as you learn how to effectively teach essential wrestling techniques and tactics to your wrestlers.

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