



101 Wrestling Drills And Games

Keith Manos

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Focuses on fundamental drills every coach can use with his wrestlers so they avoid position mistakes, improve their strength and stamina, and enhance their athleticism. The 100+ drills and games are thoroughly explained with locations, descriptions, and coaching points, and cover: warm-up and flexibility, agility, neutral position—offense, neutral position—defense, top position, bottom position, endurance, stamina, and strength, resistance training, competitive wrestling drills, and more. Contains nearly 80 photographs.

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