

## **THE WRESTLING DRILL BOOK**

**“*The Wrestling Drill Book* assists coaches from youth to college levels in developing championship wrestlers. It’s a must-read.”**

**BOBBY DOUGLAS**  
U.S. Olympic Coach (1992 & 2004)  
NWCA Coach of the Year (2000)  
U.S Freestyle World Team Head Coach (1989, 1991, 2002, & 2003)

**“To reach your potential as a wrestler, you must be willing to work hard in the off-season. *The Wrestling Drill Book* offers some great training activities to help you do this.”**

**CAEL SANDERSON**  
2004 Olympic Champion  
Head Wrestling Coach  
Penn State University

**“Whether for wrestling or the mixed martial arts, the second edition of *The Wrestling Drill Book* is the one resource that athletes need in order to learn how to grapple like a champion.”**

**DOUG JEFFREY**  
Editor, Ultimate MMA Magazine

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**Wrestling’s leading drill book is back. With new chapters, drills, coaching advice, and practice planning. *The Wrestling Drill Book, Second Edition*, is bigger, better, and more comprehensive than ever.**

***The Wrestling Drill Book* features match-tested drills from the top high school and college wrestling coaches in the sport. From takedowns, escapes, and reversals to riding and pinning combinations, each contributor breaks down a technique, tactic, or facet of wrestling for which he is renowned.**

**Chapters unfold sequentially, moving from simple to more complex drills, each including setup requirements, descriptions of action, and key coaching points for maximizing the value of every drill. Detailed descriptions, accompanied by more than 500 photographs, provide thorough instruction for proper execution of each move.**

**Discover the best-seller that has helped wrestlers become champions. *The Wrestling Drill Book* is the must-have for every wrestler and coach.**