

**Title:** 101 wrestling drills and games / Keith Manos.

**Year:** 2006

**Call Number:** 796.812/Man

**Access Key:** BHDQ

**Abstract:** 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.

**Title:** Canadian wrestling skill awards program / Ontario Amateur Wrestling Association. --

**Year:** 1982

**Call Number:** 796.8122/Can

**Access Key:** alqp

**Abstract:**

**Title:** Coaching wrestling successfully / Dan Gable. --

**Year:** 1999

**Call Number:** 796.812/Gab

**Access Key:** bcpu

**Abstract:** Gable shares the special philosophy, motivational techniques, training plans, teaching methods, match strategies, and evaluation systems he used to build his wrestling dynasty.

**Title:** Coaching youth wrestling / American Sport Education Program.

**Year:** 2002

**Call Number:** 796.812/Ame

**Access Key:** BGDC

**Abstract:** Aims to help young wrestlers develop essential tactics and techniques. Developed for volunteer and first-time coaches of wrestlers ages 6 to 15, shows you how to use the games approach, replacing the boredom of drills with fun and engaging games that focus on situations wrestlers face in matches. The games are designed for optimal learning, fun, and motivation.

**Title:** Combative games and wrestling skills / [produced by Saskatchewan Amateur Wrestling Association ; sponsored by Sask Sport Inc.].

**Year:** [199?]

**Call Number:** 796.812/Sas

**Access Key:** bfys

**Abstract:**

**Title:** Dan Gable coaching mental toughness on the mat [videorecording] / Dan Gable.

**Year:** 2003

**Call Number:** 796.812/Gab

**Access Key:** bfuy

**Abstract:** In this lecture, legendary coach Dan Gable presents the importance of mental toughness, with on the mat demonstrations and motivational messages. Gable takes you through a practice session detailing at least five drills in the following areas: Warm-up, standing offense and defense, bottom position, top position, and recovery/conditioning.

**Title:** Dan Gable's wrestling essentials [videorecording] : bottom position / Dan Gable.

**Year:** 1999

**Call Number:** 796.812/Gab

**Access Key:** bebk

**Abstract:** Gable's Wrestling Essentials series features demonstrations of skills, drills and techniques performed by world-class wrestlers. This video shows how to perform hip-heists, stane-ups, sit-outs, whizzers, and other moves to both defend and attack from the bottom.

**Title:** Dan Gable's wrestling essentials [videorecording] : standing position / Dan Gable.

**Year:** 1999

**Call Number:** 796.812/Gab

**Access Key:** bebi

**Abstract:** Gable's Wrestling Essentials series features demonstrations of skills, drills and techniques performed by world-class wrestlers. In this video, Gable takes you through a complete range of maneuvers, including snaps, headlocks, pummeling, go-behinds, ducks, drags, ankle picks, dumps, and other effective techniques.

**Title:** Dan Gable's wrestling essentials [videorecording] : top position / Dan Gable.

**Year:** 1999

**Call Number:** 796.812/Gab

**Access Key:** bebj

**Abstract:** Gable's Wrestling Essentials series features demonstrations of skills, drills and techniques performed by world-class wrestlers. This video covers a wide range of techniques, including wrist pins, arm bars, and leg and ankle attacks.

**Title:** Do it better : wrestling [videorecording] / Bob Douglas. --

**Year:** 1990

**Call Number:** 796.812/Dou

**Access Key:** auno

**Abstract:**

**Title:** Encyclopedia of American wrestling / Mike Chapman. --

**Year:** 1990

**Call Number:** 796.8120973/Cha

**Access Key:** auey

**Abstract:**

**Title:** Escapes and reversals [DVD videorecording] : the attitude to get away! / Greg Strobel.

**Year:** 2005

**Call Number:** 796.812/Str

**Access Key:** BGKC

**Abstract:** Strobel's four principles to escapes are good position, strong attitude, avoid handles, and solve the problem. Starting with a discussion on proper position, Strobel breaks down technique for three fundamental escapes: Rolls (including the Granby), switches, and stand-ups. He also shows how to "solve" the tight waist and spiral rides, as well as how to stop leg riders.

**Title:** Gable's advanced wrestling DVD [DVD videorecording] / Dan Gable.

**Year:** 2003

**Call Number:** 796.812/Gab

**Access Key:** BGBC

**Abstract:** This video is for those who have the basic moves but want to take their wrestling to the next level. Gable teaches techniques from the top and bottom position, including arm bars, near wrists, arm and leg turks, sit-backs and sit-outs, rolls and granbys, hip heists, counters and pins, switches and stand-ups, standing rolls, and clearing legs and ankles.

**Title:** Gaining the upper hand [videorecording] : conditioning and technique drills to be successful / Dennis Hall.

**Year:** 2001.

**Call Number:** 796.812/Hal

**Access Key:** bfw

**Abstract:** Hall begins with eight drills that combine technique work with a conditioning workout. Drills include Wrist Fighting, Russian Ties, Collar Ties, Stance Maintenance and Six-Minute Circuit. These drills are done in two-minute spurts, providing the same type of conditioning that long runs provide. The second half features nine drills designed to help your wrestler improve in certain situations; including drills to encourage good position, drills to counter shots, angle drills, mat drills and fighting off your back.

**Title:** John Smith's set-ups & tie-ups [DVD videorecording] : being effective from your feet / John Smith.

**Year:** 2003

**Call Number:** 796.812/Smi

**Access Key:** BGKB

**Abstract:** Set-ups and Tie-ups covers three areas: Elbow control, inside control and reset positions. Each section covers more than five set-ups. Elbow control techniques covered include passing elbow, elbow hyperextension, over the top and steering wheel. Inside control techniques covered include pull/pass, inside post and wrist control. The reset position shown allows a wrestler to reverse the control with an underhook or 2-on-1.

**Title:** The keys to fitness, health and safety / USA Wrestling. --

**Year:** [1988]

**Call Number:** 796.8122/Key

**Access Key:** aigz

**Abstract:**

**Title:** Of mats and men : the story of Canadian amateur and Olympic wrestling from 1600 to 1984 / by Glynn Arthur Leyshon. --  
**Year:** 1984  
**Call Number:** 796.812/Ley  
**Access Key:** aazr  
**Abstract:**

**Title:** Organizing a kids wrestling club / USA Wrestling. --  
**Year:** [1988]  
**Call Number:** 796.8122/Org  
**Access Key:** aigx  
**Abstract:**

**Title:** Rookie coaches wrestling guide / American Coaching Effectiveness Program in cooperation with USA Wrestling. --  
**Year:** 1992  
**Call Number:** 796.812/Ame  
**Access Key:** avzw  
**Abstract:**

**Title:** Successful wrestling : coaches' guide for teaching basic to advanced skills / Art Keith. --  
**Year:** 1990  
**Call Number:** 796.812/Kei  
**Access Key:** atnz  
**Abstract:**

**Title:** Takedowns [DVD videorecording] : control the man, control the mat! / Greg Strobel.  
**Year:** 2005  
**Call Number:** 796.812/Str  
**Access Key:** BGKA  
**Abstract:** Strobel presents fundamental techniques that every wrestler needs to know and execute from the feet, covering every area of takedowns: Drills, tie-ups, high- and low-level singles, underhooks, two-on-one, counter offense, and more. Whether you or your opponent initiate the move, these techniques will give you more opportunities to score!

**Title:** Teaching kids to wrestle / by Bill Martell. --  
**Year:** 1985.  
**Call Number:** 796.812/Mar  
**Access Key:** avqg  
**Abstract:**

**Title:** Tom Brands [DVD videorecording] : turning and pinning to win! / Tom Brands.

**Year:** 2004

**Call Number:** 796.812/Bra

**Access Key:** BGJZ

**Abstract:** Tom Brands provides a number of techniques and tricks he uses and teaches to turn an opponent to his back. Four different breakdowns used to drive the opponent's weight forward and out of position are demonstrated, followed by six common situations on-the-mat wrestlers find themselves in after breaking down an opponent. Brands demonstrates how to score from each using the turk or cross wrist series.

**Title:** Winning wrestling moves / Mark Mysnyk, Barry Davis and Brooks Simpson. --

**Year:** 1994

**Call Number:** 796.812/Mys

**Access Key:** bbtv

**Abstract:** Winning Wrestling Moves includes all the latest takedowns, mat wrestling, pinning moves, counters, and feestyle wrestling with an extensive variety of in-depth, detailed, and complete collection of wrestling moves.

**Title:** Wrestling : from the Canadian Skill Awards onward. / edited by Gordon T. Garvie. --

**Year:** 1985

**Call Number:** 796.8122/Gar

**Access Key:** alrg

**Abstract:**

**Title:** Wrestling drill book / Dennis A. Johnson. --

**Year:** 1991

**Call Number:** 796.812/Joh

**Access Key:** atzg

**Abstract:**

**Title:** Wrestling series [videorecording]. --

**Year:**

**Call Number:** 796.812/Wre

**Access Key:** alnn

**Abstract:**