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# Strength And Conditioning For Young Athletes: Science And Application



## STRENGTH AND CONDITIONING FOR YOUNG ATHLETES

SCIENCE AND APPLICATION

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## Synopsis

Strength and Conditioning for Young Athletes offers an evidence-based introduction to the theory and practice of strength and conditioning for children and young athletes. Drawing upon leading up-to-date research in all aspects of fitness and movement skill development, the book adopts a holistic approach to training centred on the concept of long-term athletic development and the welfare of the young athlete. While other textbooks focus on a single aspect of youth trainability, this book explores every key topic in strength and conditioning as applied to young people, including: talent identification motor skill development strength, power and plyometrics speed and agility metabolic conditioning mobility and flexibility periodization weightlifting myths overtraining and injury prevention nutrition. Written by a team of leading international strength and conditioning experts and paediatric sport scientists, every chapter includes programming guidelines for youths throughout childhood and adolescence to show how the latest scientific research can be applied by coaches to optimize young athletic potential. This is an essential resource for all students of strength and conditioning or paediatric exercise science, as well as any coach or athletic trainer working with children and young people.

## Book Information

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Strength and Conditioning for Young Athletes: Science and application Conditioning Young Athletes

Strength Training for Young Athletes - 2E Youth Strength Training:Programs for Health, Fitness and Sport (Strength & Power for Young Athlete) NSCA's Guide to Program Design (Science of Strength and Conditioning) Complete Conditioning for Swimming (Complete Conditioning for Sports Series) Complete Conditioning for Hockey (Complete Conditioning for Sports Series) Complete Conditioning for Soccer, Enhanced Edition (Complete Conditioning for Sports) Complete Conditioning for Volleyball (Complete Conditioning for Sports Series) Conditioning For Racquet Sports: Tennis, Racquetball, Handball, Squash, Platform Tennis, Jai Alai (Dr. Fred Hatfield's Sport Specific Conditioning Series) Best Music for Young Band: A Selective Guide to the Young Band/Young Wind Ensemble Repertoire Fit to Ski & Snowboard: The Skier's and Boarder's Guide to Strength and Conditioning Essentials of Strength Training and Conditioning - 3rd Edition Essentials of Strength Training and Conditioning 4th Edition Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior Fit to Paddle : The Paddler's Guide to Strength and Conditioning Fit to Surf : The Surfer's Guide to Strength and Conditioning Lacrosse: Winning the One Goal Game! (strength training, speed, agility, conditioning) Concussions and Our Kids: America's Leading Expert on How to Protect Young Athletes and Keep Sports Safe Fuel for Young Athletes: Essential Foods and Fluids for Future Champions

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