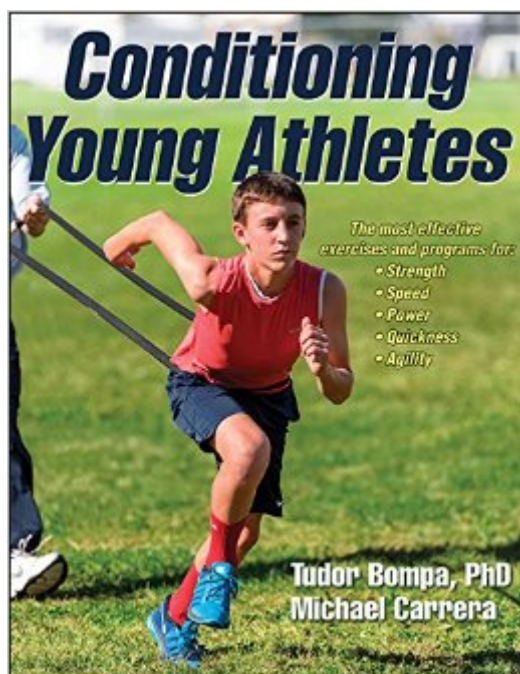


The book was found

Conditioning Young Athletes



Synopsis

Conditioning for Young Athletes provides coaches, instructors, teachers, and parents of future sport stars the best training advice, exercises, and programs for establishing an overall fitness base and maximizing athletic development for youth. This authoritative guide includes numerous exercises that safely increase young athletes'™ coordination, flexibility, speed, strength, and endurance. It contains a proven regimen geared to three developmental phases, long- and short-term training plans, and specific programs for sports such as baseball, basketball, football, ice hockey, soccer, swimming, and track and field. Tudor Bompa brings you the expertise that has helped train everyone from youth athletes to Olympic champions. Together with Michael Carrera, he provides parents, teachers, and coaches with more than 182 exercises appropriate for children ages 6 to 18. These exercises take into consideration critical factors such as a child's™ developmental stage, motor functioning, and sex-specific considerations to ensure that the workouts do not hinder development and growth. Regardless of the sport, Conditioning Young Athletes has you covered with ready-to-use programs for both short-term and long-term development. v

Book Information

Paperback: 304 pages

Publisher: Human Kinetics; 1 edition (June 18, 2015)

Language: English

ISBN-10: 1492503096

ISBN-13: 978-1492503095

Product Dimensions: 8.4 x 0.9 x 10.9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (6 customer reviews)

Best Sellers Rank: #165,612 in Books (See Top 100 in Books) #18 inÂ Books > Sports & Outdoors > Coaching > Children's Sports #40 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #269 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training

Customer Reviews

An excellent book, practical but expertly structured and easy to follow, it is possible to read it and also use it as a reference or a guide to double check your own ideas and practices as a youth coach. An invaluable resource, I would highly recommend it.

This is a must have book for all Youth Coaches. Easy to understand and put into practice. Great

work as always by the master...Tudor Bompa.

Very informative and enlightening. I will be practicing and applying the advice and exercises contained within this book. Great read.

[Download to continue reading...](#)

Strength and Conditioning for Young Athletes: Science and application Conditioning Young Athletes 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 Concussions and Our Kids: America's Leading Expert on How to Protect Young Athletes and Keep Sports Safe Strength Training for Young Athletes - 2E Fuel for Young Athletes: Essential Foods and Fluids for Future Champions Games Girls Play: Understanding and Guiding Young Female Athletes Growing Young: Six Essential Strategies to Help Young People Discover and Love Your Church Young Cam Jansen and the Lost Tooth (Penguin Young Readers, L3) Building Structures with Young Children (Young Scientist) I'm Too Young to Be Seventy: And Other Delusions [IM TOO YOUNG TO BE 70] A Different Mirror for Young People: A History of Multicultural America (For Young People Series) The Young Snowboarder (Young Enthusiast) The Paleo Diet for Athletes: The Ancient Nutritional Formula for Peak Athletic Performance One-Hour Workouts: 50 Swim, Bike, and Run Workouts for Busy Athletes

[Dmca](#)