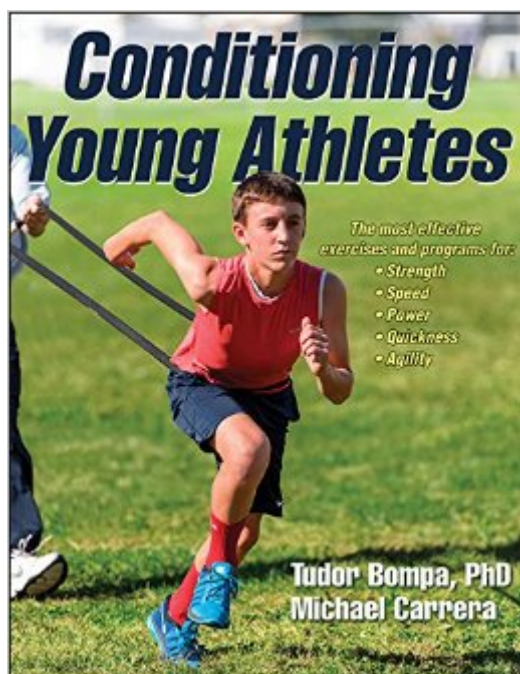


The book was found

# 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

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## 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.

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