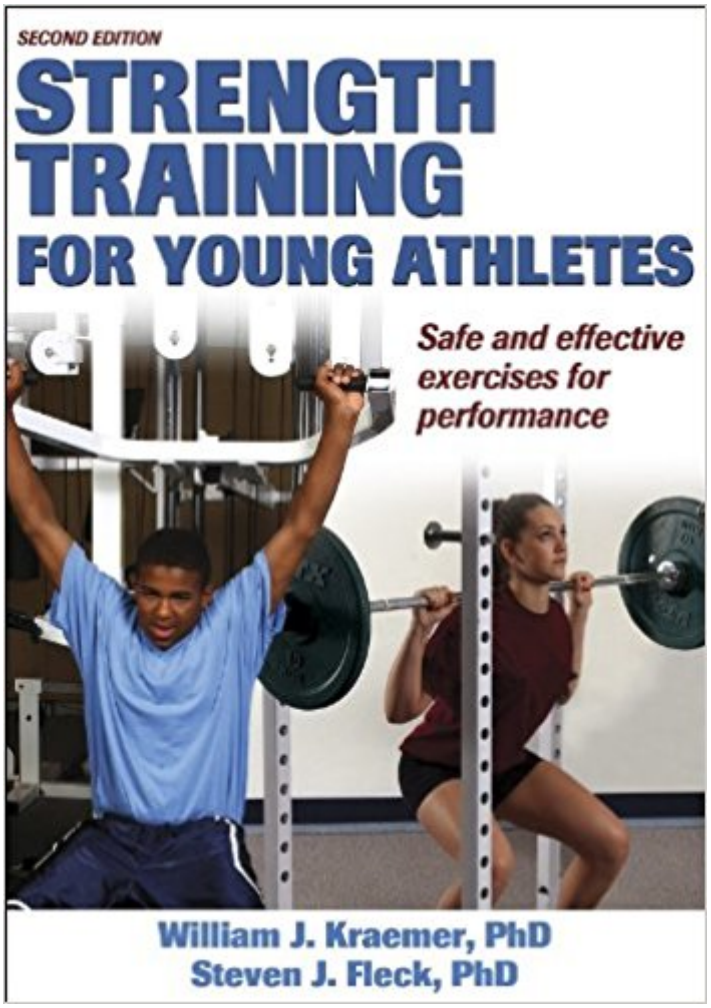
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Strength Training For Young Athletes - 2E



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Synopsis

Young superstar athletes have dispelled long-standing misconceptions that strength development should start in the late teens. But much discussion has continued regarding what type of training is most beneficial. Strength Training for Young Athletes provides all the answers as the authoritative guide to strength development for 7- to 18-year-old athletes. World-renowned strength and conditioning experts William Kraemer and Steven Fleck present the latest facts on the effects of strength training on growth, development, and performance. The authors then make recommendations relative to starting age, choice of exercises, frequency of training, rate of progression, and philosophical aspects of program design. Learn how to individualize the age-appropriate sample training programs provided based on the athlete's physical, psychological, and emotional maturity as well as the demands of the sport. Such carefully designed programs not only improve athletic performance and prepare young athletes for higher competitive levels, but they also help to decrease the incidence of injury along the way. Strength Training for Young Athletes is the most complete and credible resource for developing the muscular foundation for athletic success.

Book Information

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Customer Reviews

"""""In "Strength Training for Young Athletes," Dr. Kraemer and Dr. Fleck teach how to develop a safe, effective program, addressing the physical and psychological maturation of each individual. This book should be required reading for anyone training young athletes."""" Robert

JursnickExecutive director, National Strength and Conditioning Association """I know first-hand that a successful young athlete has a well rounded training program that includes strength training. An ideal resource for those who want to get it right, "Strength Training for Young Athletes" will help you design a program that will prepare your athletes for their next level of performance."""" Mike NitkaDirector of strength and conditioning, Muskego High SchoolFormer Vice President, National Strength and Conditioning Association "

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This book opens well, with interesting stuff in regard to children, their development and trainability. All this until page 92. from there on begins the pageful exercise inventory. Truly, I was expecting these two modern experts to delve deeper in to exercise technique in this part of their book that could have really exploited its length. There are also some pictures that do not correspond adequately with the exercise description in the text. I was hoping that the exercise technique be developed in a kind of a modern version to Dr. Michael Yessis's outstanding bookÃ Â Kinesiology of ExerciseÃ Â (1992). To my regret, they might have just given a referral to his book, cause they did not do the expected job to that end. what we get at the end of the day, is a book which can be a very good start for the complete novice, yet the strength training professional or the deep enthusiast will remain with all sorts of curious questions as to the hows and the whys of certain techniques' effectiveness and safety.

Good read, but very basic. I think the first intro is great when it helps dispel the myths of younger people working out. I mainly got this book to help fight all the "Know it alls" at the gym/YMCA that say younger people (my pre-teens) shouldn't work out because of joint destruction or growth problems. I hate being told NO and this will help me Educate those who are in charge but have no

clue.Has good workouts for different sports and lots of variety (not just baseball, lots of workout for sport young people are in)Looking forward to starting my sons out and also educating those who really on internet for info or here say.

This book is great. I am an ACSM Certified personal trainer, and was considering working with younger athletes. I do know most of this information, but I'm so happy to see that the authors know what they are talking about. Anyone interested in this topic can pick up this book and find it helpful. It has sample macrocycles for various sports, as well as exercises. Superb!

Good variety of exercises. Very good descriptions and diagrams. Long introductory chapters regarding safety, physical and psychological maturation concerns, and the need for age-appropriate, individualized training regimens.This is a solid, well-organized, and fairly comprehensive treatment, addressing the needs of both young men and young women. By that last part I mean that strength training for girls is given meaningful coverage and not just mentioned as an afterthought.

Easy to read and explains everything needed to write a program for kids.

A good basic source of information if you are working with or training young athlete's. I recommend especially to trainers and coaches.

I'm the father of a young athlete and a coach. The information in this book defintely dispells the myth that weight training should wait until the teenage years. I look forward to applying the principals from this book with my son and players.

Very informative. A great breakdown of cycles and circuits.

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