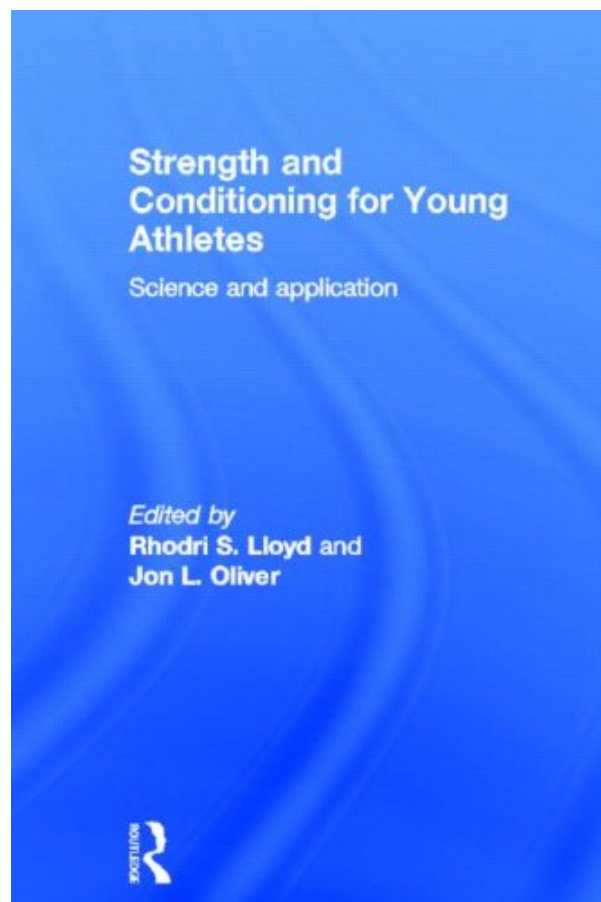


STRENGTH AND CONDITIONING FOR YOUNG ATHLETES: SCIENCE AND APPLICATION FROM ROUTLEDGE



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Strength and Conditioning for Young Athletes

Science and application

Edited by
**Rhodri S. Lloyd and
Jon L. Oliver**



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"In general this concise text fulfills its purpose of supplying background for the professional dealing with youth athletes. Summing Up: Recommended." – R. L. Jensen, Northern Michigan University in CHOICE

About the Author

Rhodri S. Lloyd is Lecturer in Sport and Exercise Physiology at Cardiff Metropolitan University, UK. He serves on the Board of Directors for the UKSCA and is the inaugural convener of the UKSCA Youth Training Special Interest Group. He is also an Executive Council Board Member for the NSCA Youth Training Special Interest Group. He has previously consulted with elite level youth sports such as tennis, football and rugby. His main research interests surround strength and power development in young athletes and long-term athletic development modelling.

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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.

- Sales Rank: #10059418 in Books
- Published on: 2013-07-19
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x 6.25" w x .75" l, .0 pounds
- Binding: Hardcover
- 256 pages

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