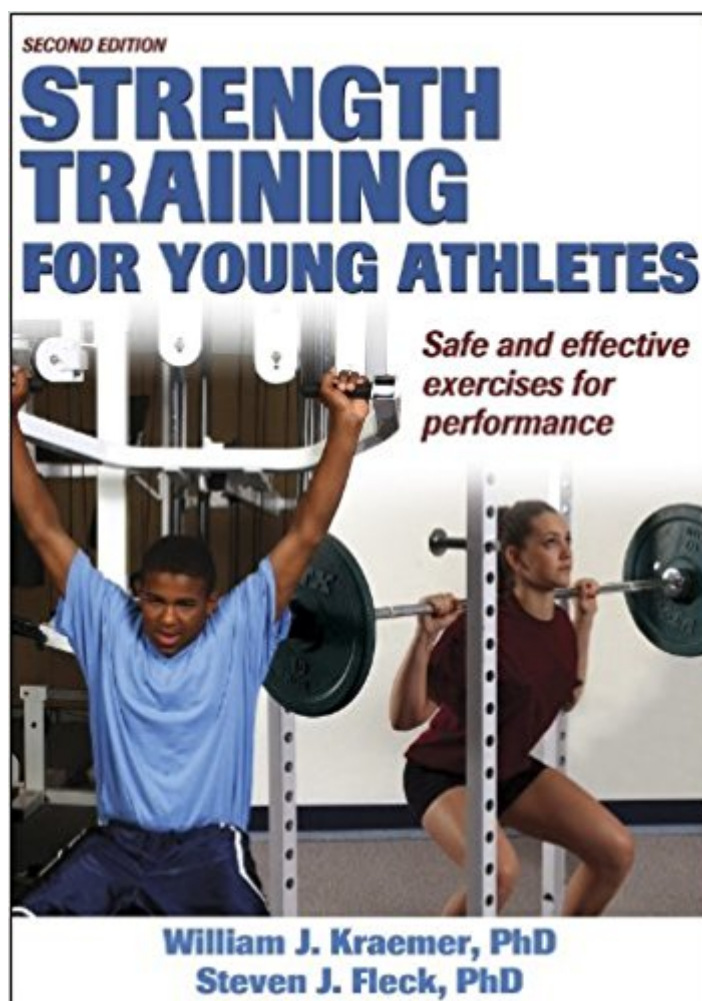


The book was found

# Strength Training For Young Athletes - 2E



## 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

Paperback: 296 pages

Publisher: Human Kinetics; 2 edition (September 20, 2004)

Language: English

ISBN-10: 0736051031

ISBN-13: 978-0736051033

Product Dimensions: 7 x 0.7 x 10 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 21 customer reviews

Best Sellers Rank: #823,405 in Books (See Top 100 in Books) #91 in [Books > Sports & Outdoors > Coaching > Children's Sports](#) #173 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #735 in [Books > Medical Books > Medicine > Sports Medicine](#)

## 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

Jursnick Executive 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 Nitka Director of strength and conditioning, Muskego High School Former Vice President, National Strength and Conditioning Association "

"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 Jursnick Executive 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 Nitka Director of strength and conditioning, Muskego High School Former Vice President, National Strength and Conditioning Association

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 book *Kinesiology of Exercise* (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 definitely dispels 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.

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

Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) IronFit Strength Training and Nutrition for Endurance Athletes: Time Efficient Training Secrets For Breakthrough Fitness Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength

Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Strength Training for Young Athletes - 2E Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training The Complete Strength Training Workout Program for Rugby: Increase power, speed, agility, and resistance through strength training and proper nutrition Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness, strength training, bodybuilding training) The Complete Strength Training Workout Program for Volleyball: Develop power, speed, agility, and resistance through strength training and proper nutrition Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) Youth Strength Training: Programs for Health, Fitness and Sport (Strength & Power for Young Athlete) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) LeBron James (3rd Revised Edition) (Amazing Athletes) (Amazing Athletes (Paperback)) Alex Morgan (Amazing Athletes) (Amazing Athletes (Paperback)) Advances in Functional Training: Training Techniques for Coaches, Personal Trainers and Athletes Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)