



Strength and Conditioning for Young Athletes: Science and application

Rhodri S. Lloyd

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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.

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