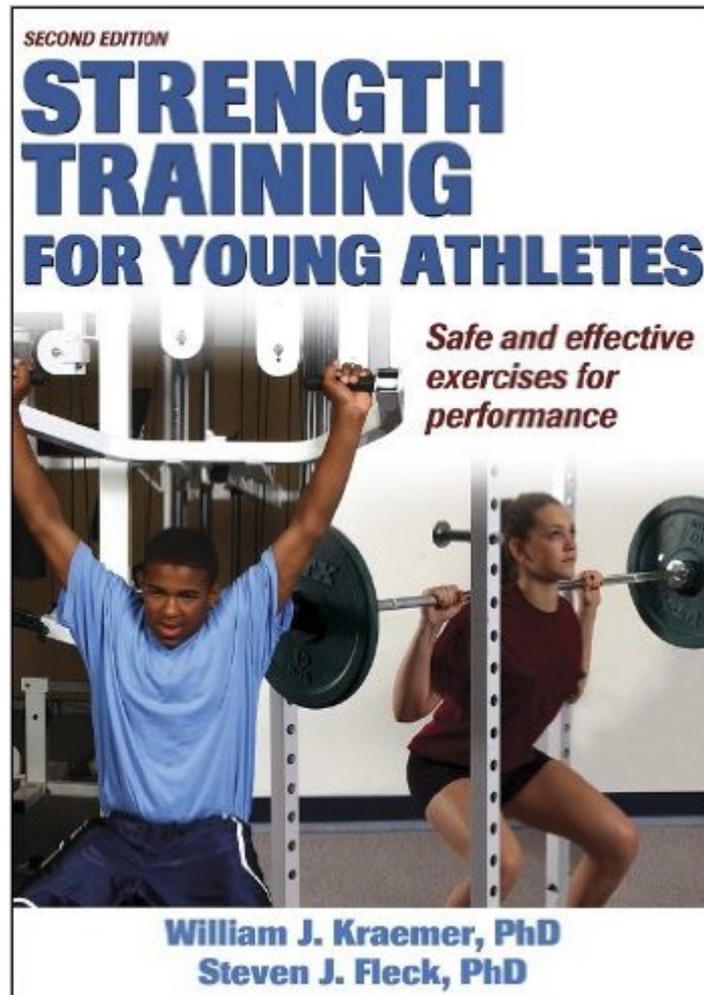


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# Strength Training For Young Athletes - 2E



## 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. v

## Book Information

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## Customer Reviews

Great sourcebook for young athletes, coaches and parents that debunks the myths associated with physical fitness for children. Provides great guidance to help children safely improve their performance while also helping to prevent injury. A wise investment for the serious young athlete. Recommended by the renowned sports orthopedic practice at Boston's Children's Hospital. Written

for adults but readable by children.

I am a fight trainer and I train athletes to compete in full contact and mixed martial arts style fights. I do have some young people that come to me for training. They are between the ages of 12 and 16 and obviously their training must be done differently than a full grown advanced athlete. This book gave me some direction and acknowledges many myths about youths training with weights. It is not a book for body building. Children should not be trying to "bodybuild". This is training for "strength and power".

My son started lifting on his own about 3 months ago. I wanted to set him up with a good workout with the right weight and repetition so he would get the most out of the work out without damaging his developing bone and muscle structure. This book was extremely helpful in that it addresses safety issues, weight determination (maximum lift), repetitions and change ups. I would recommend this book to anyone with a pre-teen to mid-teen. It offers a good alternative to an adult lifting regimen that is not suitable for growing bodies.

I purchased the book to give me a better idea about putting together a strength training program for my 12 year old son, but found it to be too detailed from a technical standpoint to be enjoyable to read or to serve as a resource that I will readily pick up and use. The book contained a lot of information about the science and medical aspects of strength building, but you really have to plow through a lot to find the key pieces of information. In my view, this book is too detailed for the casual user and is better suited for a middle school coach, fitness trainer or other reader who needs to know the intricate details and also needs to defend his or her methodology with the results of medical studies.

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!

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.

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.

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