



Conditioning Young Athletes

Tudor Bompa, Michael Carrera

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Conditioning for Young Athletes provides coaches, instructors, teachers, and parents of future sport stars the best training advice, exercises, and programs for establishing an overall fitness base and maximizing athletic development for youth.

This authoritative guide includes numerous exercises that safely increase young athletes' coordination, flexibility, speed, strength, and endurance. It contains a proven regimen geared to three developmental phases, long- and short-term training plans, and specific programs for sports such as baseball, basketball, football, ice hockey, soccer, swimming, and track and field.

Tudor Bompa brings you the expertise that has helped train everyone from youth athletes to Olympic champions. Together with Michael Carrera, he provides parents, teachers, and coaches with more than 182 exercises appropriate for children ages 6 to 18. These exercises take into consideration critical factors such as a child's developmental stage, motor functioning, and sex-specific considerations to ensure that the workouts do not hinder development and growth. Regardless of the sport, *Conditioning Young Athletes* has you covered with ready-to-use programs for both short-term and long-term development.

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