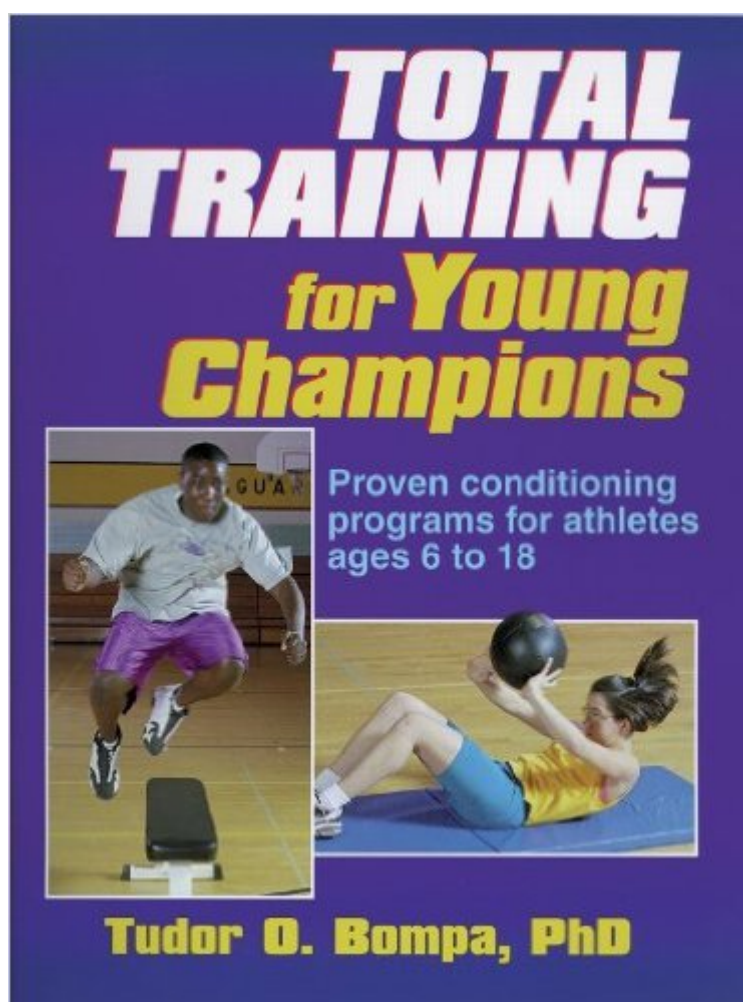


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# Total Training For Young Champions



## Synopsis

Few athletes will be among the best in their sport at such a young age as Martina Hingis and Tiger Woods. But accelerated athletic development is now possible because of better, smarter training starting at an early age. Total Training for Young Champions provides coaches, instructors, teachers, and parents of potential future sports stars the best conditioning advice and programs for establishing an overall fitness base and maximizing the athletic development of young people ages 6 to 18. Specifically, the book outlines how to increase a young athlete's coordination, flexibility, speed, endurance, and strength, thereby enabling them to excel in sports. Tudor Bompa, one of the world's foremost sports conditioning experts who has trained 11 Olympic medalists, presents a safe, proven training regimen that builds upon each of the four stages of youth development: Initiation-prepuberty- Athletic formation-puberty- Specialization-postpuberty- High performance-maturation. For the first three phases, Bompa provides nearly 300 exercises covering different ability levels, with several alternatives for variety. He also offers sport-specific training programs in 11 sports, including baseball, basketball, ice hockey, football, gymnastics, soccer, swimming, tennis, volleyball, and track and field. Total Training for Young Champions is the comprehensive guide to developing the next generation of superior athletes. Use it to boost the physical tools every young athlete needs to succeed-and shine-in sports.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (11 customer reviews)

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## Customer Reviews

It's hard to write a review without it sounding like an advertisement...This book dispels many myths of youth training like the need for early sports specific exercises. It covers exercises for all phases of

youth development from ages 5 to 20. His advice, backed by world class achievement, can help you resist the pressure to put children through adult style training exercises and at the same time properly train children for future world class competition. I have compared his recommendations against many sources and have become convinced that they are correct. This book is a must have for Directors of Youth Coaching and Physical Development.

This book is full of good "common sense" information. I read the book from the viewpoint of a parent, most of the drills and training exercises would be of more use for a coach, but the book was still interesting. The author gives a variety of ways to train a child to become a better athlete without burning them out at a young age. The book is very thorough in explaining the exercises, eg., which muscle is being stretched or if you're working on strength or stamina, making it helpful for a rookie.

It is a good handbook for high school and modified level coaches. There is not a lot of new information but enough to get novice coaches started.

Out of date stuff!

This is a must for any parent that is wanting to be involved with their young athlete's training to help them better understand the in and outs of strength and conditioning.

I am from Greece and it was quite easy for me to understand it and apply the meaning of this book to my athletes. Thank you Mr. Bompa.

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