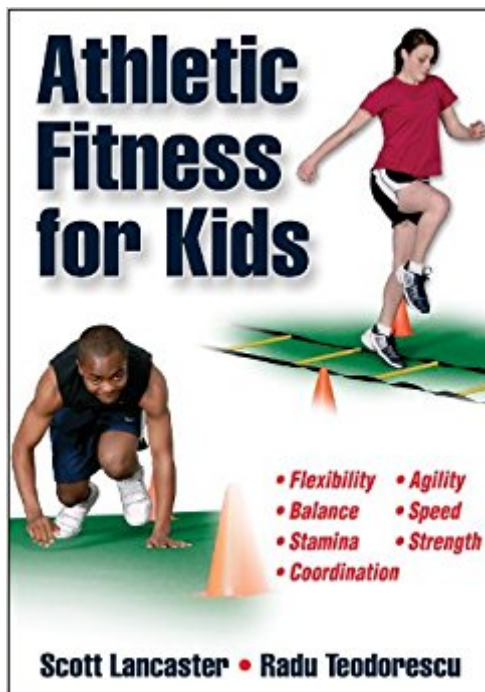


The book was found

# Athletic Fitness For Kids



## Synopsis

Finally, here is a conditioning program designed to fully develop a young athlete's physical skills without dropout, injury, or burnout. Athletic Fitness for Kids enhances athletic skills for young athletes using a fun, self-directed, and self-tested system. Gamelike activities help young athletes develop seven key sport skills: -Flexibility-Coordination-Balance-Stamina-Strength -Speed-Agility Athletic Fitness for Kids includes drills, games, and exercises that cross over with popular sports such as baseball, basketball, football, hockey, lacrosse, soccer, and tennis. Sport-specific drill suggestions are also included. Developed by Scott Lancaster, founder and CEO of Youth Evolution Sports, and Radu Teodorescu, fitness adviser, Athletic Fitness for Kids will maximize athletic potential and open doors to a lifetime of fitness and sport participation.

## Book Information

Paperback: 184 pages

Publisher: Human Kinetics; 1 edition (October 31, 2007)

Language: English

ISBN-10: 0736062424

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Product Dimensions: 7 x 0.4 x 10 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 7 customer reviews

Best Sellers Rank: #363,373 in Books (See Top 100 in Books) #86 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #11903 in Books > Sports & Outdoors

## Customer Reviews

"Athletic Fitness for Kids "is the foundation for preparing any young athlete to reach his or her full potential through innovative and kid-friendly training methods." Toby Dawson2006 Olympic Bronze Medalist--Freestyle Skiing "Scott Lancaster has ignited a much-needed revolution in youth sports that will set it in the right direction for generations to come." Boomer EsiasonCBS Football TV & Radio AnalystFormer NFL Player

â œAthletic Fitness for Kids is the foundation for preparing any young athlete to reach his or her full potential through innovative and kid-friendly training methods.â •Toby Dawson2006 Olympic Bronze Medalist--Freestyle Skiingâ œScott Lancaster has ignited a much-needed revolution in youth sports that will set it in the right direction for generations to come.â •Boomer EsiasonCBS Football TV &

Radio AnalystFormer NFL Player

This book was not useful for me. as it was written for someone running a medium-large scale physical education program. I bought it to set up a program for my grandchildren, who are homeschooled. The programs in the book make extensive use of high -end equipment that only schools could afford. I gave it four stars to be fair, because the programs are very extensive, and seem well thought out. If I were a coach, or a P.E. teacher, I believe this book would be great for setting up and running a program.

I would definitely suggest this book for people who want to start training children and young adults. The book is well organized and has easy to understand and follow exercise descriptions. Most of the drills have progression levels necessary to provide physiological improvements. Most importantly, the drills in the book are beneficial for kids disregarding of their sport and are really good for non-athletes. Long-time professional who is looking for a new workout ideas will not find this book very useful though.

The books I receive are excellent and will be very helpful training the young kids that I'll be working with. Thank You!!

Package came right on time and the product was exactly as stated. Very positive experience.

every youth should read this

I feel that the book Athletic Fitness for kids provides a collective amount of information that is beneficial to me personally as a person hoping to create a youth athletic development program. I feel that this book will be a foundation for the movement to helping youth build confidence and skills through athletic development programs.

The author of this book is not an honest person! doesn't deserve to gain any proceeds from this book! owes money to people that have worked for him in the past and never got paid!!!!

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Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit)

Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) Management Strategies in Athletic Training-4th Edition (Athletic Training Education) Emergency Response Management for Athletic Trainers (Lww's Athletic Training Education) Core Concepts in Athletic Training and Therapy With Web Resource (Athletic Training Education) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Athletic Fitness for Kids Books for Kids: Lily the Little Mermaid (Mermaid Books for Kids, Children's Books, Kids Books, Bedtime Stories For Kids) (The Mermaid Stories: Kids Fantasy Books Book 2) Childrens Book : Fun facts about Egypt: (Ancient Egypt for kids) (Ages 4 - 12) (egypt picture book, pyramids for kids, mummies for kids, hieroglyphs for ... books for kids, egypt history for kids) Books For Kids : Charlie The Smart Elephant (FREE BONUS) (Bedtime Stories for Kids Ages 2 - 10) (Books for kids, Children's Books, Kids Books, puppy story, ... Books for Kids age 2-10, Beginner Readers) Books For Kids : Mimi finds a new friend (FREE BONUS) (Bedtime Stories for Kids Ages 2 - 10) (Books for kids, Children's Books, Kids Books, cat story, ... Books for Kids age 2-10, Beginner Readers) Fitness The Complete Guide (The Official Course Text For ISSA Certification Course For Fitness Trainers) Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle and Strength (Fitness Supplements, Muscle Building, Supplements ... Diet, Supplements Guide, Supplem) Fitness y Consejos : 2017: Claves para iniciar una Fitness Life (Spanish Edition) Fitness Cross-Country Skiing (Fitness Spectrum) The Jennifer Nicole Lee Fitness Model Diet: JNL's Super Fitness Model Secrets To A Sexy, Strong, Sleek Physique "Fitness for Middle Aged People: 40 Powerful Exercises to Make People over 40 Years Old Healthy and Fit!" (Diets and fitness for people over 40 years old) Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week (NTC Sports/Fitness)

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