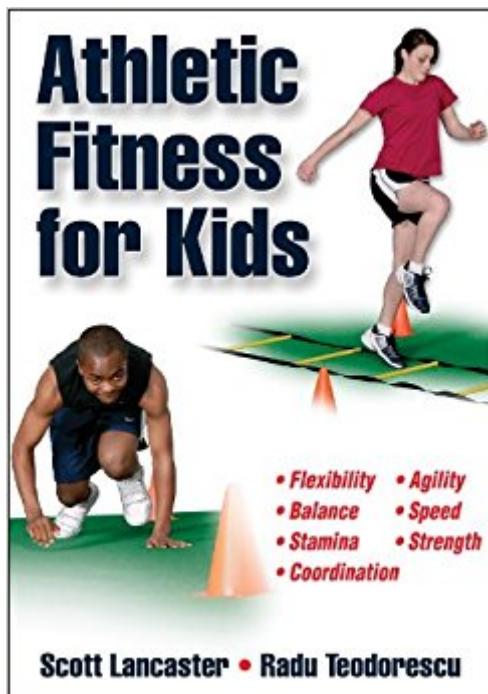


The book was found

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 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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