## Contents

	List of figures	ix
	List of tables	xii
	List of contributors	xv
	Preface	xxiv
	Acknowledgements	xxvi
PA	RT I	
	indamental concepts of youth development	1
		MAIN 12
1	The impact of growth and maturation on physical performance	3
	GARETH STRATTON AND JON L. OLIVER	
2	Talent identification	21
	KEVIN TILL, STACEY EMMONDS AND BEN JONES	
3	Talent development	45
	CRAIG A. WILLIAMS, JON L. OLIVER, RHODRI S. LLOYD AND	
	URS GRANACHER	
4	Monitoring and assessment of young athletes	62
	CRAIG B. HARRISON AND MIKE MCGUIGAN	
		nuball or
5	Coaching young athletes	77
	RHODRI S. LLOYD, SYLVIA MOESKOPS, BRENDAN CROPLEY AND	
	AVERY D. FAIGENBAUM	
PA	RT II	
De	evelopment of physical fitness in young athletes	101
6	Motor skill training for young athletes	103
	RHODRI S. LLOYD, SYLVIA MOESKOPS AND URS GRANACHER	

***		
V111	Contents	۱

Strength and power training for young athletes	131
AVERY D. FAIGENBAUM, DUNCAN N. FRENCH, RHODRI S. LLOYD AND WILLIAM J. KRAEMER	
Weightlifting for young athletes	155
G. GREGORY HAFF AND ERIN E. HAFF	100
Plyometric training for young athletes JOHN B. CRONIN AND JOHN M. RADNOR	188
Speed training for young athletes	207
ION L. OLIVER, MICHEÁL CAHILL AND AARON UTHOFF	
Agility training for young athletes	228
Aerobic and anaerobic training for young athletes JON L. OLIVER AND CRAIG B. HARRISON	248
Mobility and flexibility training for young athletes WILLIAM SANDS AND JENI MCNEAL	265
тш	
ntemporary issues for young athletes	279
Periodisation strategies for young athletes G. GREGORY HAFF	281
Nutritional strategies to support young athletes MARCUS P. HANNON, VISWANATH UNNITHAN, JAMES P. MORTON	300
AND GRAEME L. CLOSE	
Reducing injury risk in young athletes PAUL J. READ, JON L. OLIVER, GREG D. MYER AND RHODRI S. LLOYD	336
Creating a holistic environment for young athletes CRAIG B. HARRISON, JOE EISENMANN AND CAMILLA J. KNIGHT	362
Index	379
	Weightlifting for young athletes G. GREGORY HAFF AND ERIN E. HAFF Plyometric training for young athletes OHN B. CRONIN AND JOHN M. RADNOR Speed training for young athletes ON L. OLIVER, MICHEAL CAHILL AND AARON UTHOFF Agility training for young athletes An JEFFREYS Acrobic and anaerobic training for young athletes ON L. OLIVER AND CRAIG B. HARRISON Mobility and flexibility training for young athletes VILLIAM SANDS AND JENI MCNEAL  THI Intemporary issues for young athletes G. GREGORY HAFF Nutritional strategies for young athletes MARCUS P. HANNON, VISWANATH UNNITHAN, JAMES P. MORTON AND GRAEME L. CLOSE REducing injury risk in young athletes PAUL J. READ, JON L. OLIVER, GREG D. MYER AND RHODRI S. LLOYD Creating a holistic environment for young athletes CRAIG B. HARRISON, JOE EISENMANN AND CAMILLA J. KNIGHT