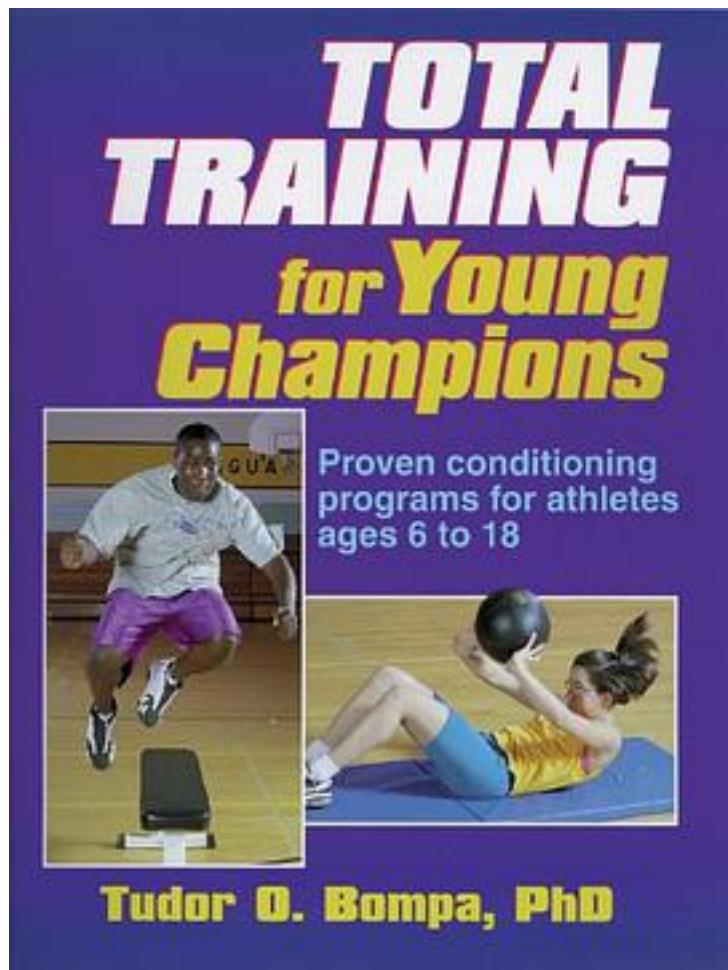


Total Training for Young Champions



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著者:Bompa, Tudor

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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.

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