

Youth Soccer: From Science to Performance, 9780415286619, Gareth Stratton, Thomas Reilly, Dave Richardson, A. Mark Williams, Psychology Press, 2004, 2004, 216 pages

Book. Youth soccer: From Science to Performance. January 2004. DOI: 10.4324/9780203644133. As the adult game has increased in popularity, youth soccer has also seen significant expansion in recent years. The popularity of the youth game is set to continue. Young boy and girl players wish to emulate professional soccer stars and the professional game, often with long-term financial rewards in mind, is increasingly keen to develop young talent. Applied sports science is now a well-established feature of the adult game but the sports science that supports modern football does not translate directly into the youth game. The coaches of young players need specific information about childr As the adult game has increased in popularity, youth soccer has also seen significant expansion in recent years. This book explores such themes as: growth of physiological systems; development of motor and perceptive skills; paediatric environmental physiology; prevention of injury; diet and nutrition; and, youth fitness and skills. Product Identifiers. Publisher. Youth Soccer: From Science to Performance by A. Mark Williams, Gareth Stratton, Thomas Reilly, Dave Richardson (Paperback, 2004). Be the first to write a reviewAbout this product. Brand new: Lowest price. Youth Soccer book. Read reviews from world's largest community for readers. As the adult game has increased in popularity, youth soccer has also seen sig... Applied sports science is now a well-established feature of the adult game but the sports science that supports modern football does not translate directly into the youth game. The coaches of young players need specific information about children. Themes explored in this text include: growth of physiological systems development of motor and perceptive skills paediatric environmental physiology prevention of injury diet and nutrition youth fitness and skills training effective teaching and coaching of juniors the role of football academies. Youth Soccer: From Scienc has been added to your Cart. Add to Cart. Buy Now. More Buying Choices. 14 new from \$54.71 11 used from \$21.17. 25 used & new from \$21.17. See All Buying Options. The book gives you a really nice look into the science of long-term development of young athletes. Some topics are only broached so that the book remains user-friendly and easy to follow. Read more. Helpful. Comment Report abuse. See all reviews. Top reviews from other countries. Tomasz Gabrys.