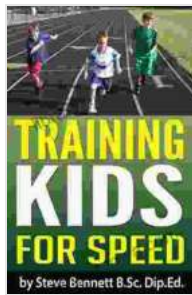


# Unlocking the Secrets of Speed: A Comprehensive Review of 'Training Kids for Speed' by Steve Bennett

In the realm of youth sports, speed is often the key to success. Whether it's sprinting down the soccer field, dodging opponents in basketball, or scoring the winning goal in hockey, speed gives young athletes a significant advantage.



## Training Kids For Speed by Steve Bennett

★★★★★ 5 out of 5

Language	: English
File size	: 2340 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 48 pages
Lending	: Enabled



Recognizing the importance of speed in child development, renowned coach Steve Bennett has penned the groundbreaking book, 'Training Kids for Speed.' This comprehensive guide provides a wealth of insights, practical strategies, and proven techniques to help kids unlock their full speed potential.

## Understanding the Science of Speed

Bennett begins by delving into the scientific principles that govern speed development. He explains the different types of speed, from acceleration to maximal velocity, and the physiological mechanisms that influence each aspect.

The book covers essential topics such as muscle fiber recruitment, energy systems, and neuromuscular coordination. By understanding these fundamentals, coaches and parents can create training programs tailored to the specific needs of each child.

### **The Importance of Plyometrics**

Plyometrics, explosive exercises that involve rapid stretching and contracting of muscles, play a central role in Bennett's training philosophy. He believes that plyometrics are essential for developing power, explosiveness, and the ability to generate force quickly.

The book provides detailed instructions for a wide range of plyometric exercises, such as box jumps, depth jumps, and medicine ball throws. These exercises are carefully designed to enhance speed and minimize the risk of injury.

### **Coaching Young Athletes**

In addition to scientific principles and training techniques, Bennett also emphasizes the importance of proper coaching. He provides valuable tips on how to motivate young athletes, create a positive training environment, and provide individualized instruction.

The book covers essential coaching skills such as setting realistic goals, providing constructive feedback, and fostering a culture of respect and

teamwork.

## **The Progression of Speed Development**

Bennett understands that speed development is a journey, not a destination. He advocates for a gradual and progressive approach that takes into account the unique needs and abilities of each child.

The book provides a structured training plan that outlines how to safely and effectively progress young athletes from beginner to advanced speed levels. The plan includes a balance of speed training, strength training, and recovery.

## **Case Studies and Success Stories**

To illustrate the practical application of his principles, Bennett shares inspiring case studies of young athletes who have achieved remarkable results through his training methods.

These stories provide valuable insights into the transformative power of speed training and the positive impact it can have on young lives.

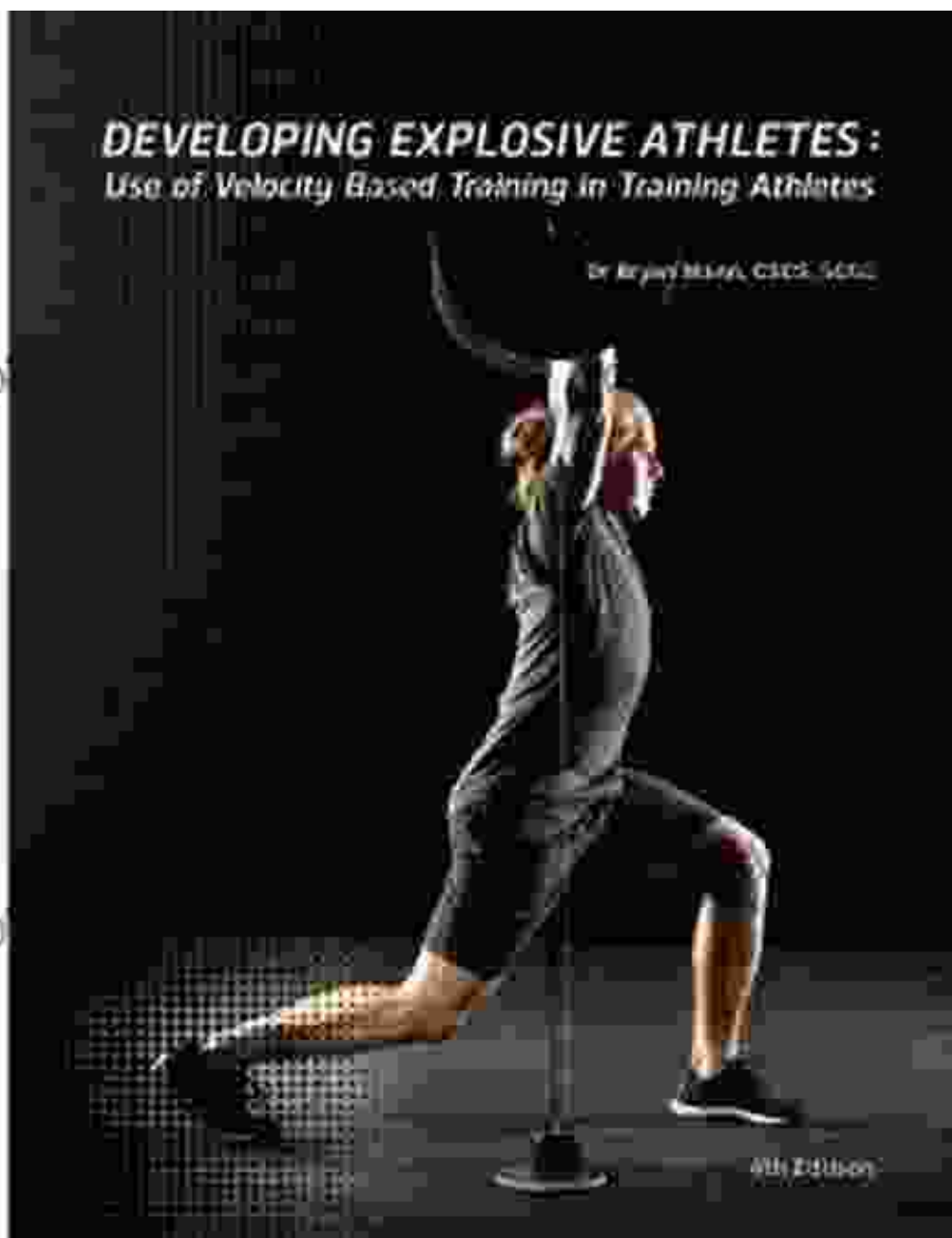
'Training Kids for Speed' by Steve Bennett is an indispensable resource for anyone involved in developing the speed of young athletes. It is a comprehensive, well-researched, and highly practical guide that provides a blueprint for unlocking the full potential of kids.

By following the principles and techniques outlined in this book, coaches and parents can help young athletes develop the speed they need to succeed in sports, improve their overall athleticism, and enhance their physical and mental well-being.

## **Call to Action**

If you are passionate about helping kids reach their speed goals, I highly recommend reading 'Training Kids for Speed' by Steve Bennett. This book is a valuable investment in the future of young athletes and will provide you with the tools and knowledge you need to unlock their full potential.

Free Download your copy today and embark on the journey to developing faster, stronger, and more confident young athletes.



## Training Kids For Speed by Steve Bennett

★★★★★ 5 out of 5

Language : English  
File size : 2340 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 48 pages

Lending

: Enabled

FREE

DOWNLOAD E-BOOK



## Orpheus In The Marketplace: A Journey of Inspiration and Transformation

In a world that often feels chaotic and overwhelming, it can be difficult to find our place and make a meaningful contribution. We may feel lost, unsure...



## Discover the Enchanting World of Lithuanian Names for Girls and Boys

Lithuania, a land steeped in rich history and vibrant culture, is home to a wealth of beautiful and meaningful names. Whether you're...