

Physical Training: Helpful Resources

Hopefully the information provided on our site has helped you to understand the many benefits of physical training for youth. If you would like to know more please check out some of the links below:

- UK Coaching resource: A video discussing the central philosophies of the Youth Physical Development model:
<http://www.ukcoaching.org/news/animation-developed-explain-youth-physical-development-model>
- The Athlete Development show: a series of podcasts hosted by Dr. Craig Harrison, Programme Director of Athlete Development based in Auckland, New Zealand:
<http://news.autmillennium.org.nz/athlete-development/podcast/>
- An online article providing an overview for parents on the topic of long-term athletic development:
https://www.nasca.com/LTAD_introduction_for_parents/
- An international consensus statement on resistance training for youth:
https://www.researchgate.net/publication/256929167_Position_statement_on_youth_resistance_training_The_2014_International_Consensus
- The BASES Expert Statement on trainability during childhood and adolescence:
<http://www.bases.org.uk/Trainability-during-Childhood-and-Adolescence>

If you have any problems accessing these or would like any further information please feel free to contact us at info@sportparent.eu.



Physical Training: Research

Recognising how important it is to understand what kinds of physical training are appropriate for youth, there are a few researchers around the world who have spent time looking at this. Below are links to a few research papers that have examined physical training in youth.

- Lloyd, R.S. and Oliver, J.L. (2012). The Youth Physical Development model: a new approach to long-term athletic development. *Strength and Conditioning Journal* 34(3), 61-72
http://journals.lww.com/nsca-sci/Abstract/2012/06000/The_Youth_Physical_Development_Model__A_New.8.aspx
- Bergeron, M.F. et al. (2015). International Olympic Committee consensus statement on youth athletic development. *British Journal of Sports Medicine* 49, 843-851 <http://bism.bmj.com/content/bjsports/49/13/843.full.pdf>
- Lloyd, R.S. et al. (2016). National Strength and Conditioning Association position statement on long-term athletic development. *Journal of Strength and Conditioning Research* 30(6), 1491-1509
https://www.nsca.com/uploadedFiles/NSCA/Resources/PDF/Education/Tools_and_Resources/NSCA_position_statement_long-term_athletic_development.pdf
- Ford, P.A. et al. (2011). Critical review of the long-term athlete development model: physiological evidence and application
<http://www.tandfonline.com/doi/abs/10.1080/02640414.2010.536849>
- LaPrade, R.F. (2016). AOSSM Early sport specialization consensus statement. *The Orthopaedic Journal of Sports Medicine*
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4853833/>

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