

# KID POWER

The fundamental facts of how a child should be trained for max strength and power development



**Original Research**  
Complete  
reference provided  
in issue.

A CHILD IS NOT AN ADULT. A CHILD IS NOT AS STRONG AS AN ADULT.  
TOO OBVIOUS TO MENTION? SO WHY IS IT THAT SO MANY COACHES  
TRAIN CHILD ATHLETES LIKE ADULTS?

It is *never* as simple as it seems and what seems intuitively correct may, in the end, be false. And so many common myths are regularly dispelled via scientific fact in the pages of *JOPP*. Perhaps doing so is most important when it comes to youth training. After all, we all want to provide children not only with a rich sport experience, but also one that keeps them healthy and provides them with longevity in sport. Yet most, if not all, adult and elite athlete training principles are applied directly to children. But children are not mini-adults: a great deal of research points out how and why children differ from adults. And the natural maturational process that children go through complicates their strength training and conditioning. Which is why this review from scientists at the Children's Health and Exercise Research Centre in the School of Sports and Health Sciences at the University of Exeter in the United Kingdom is critical for parents and coaches to study - and apply.

**Power Key:** overtraining, youth athlete, strength