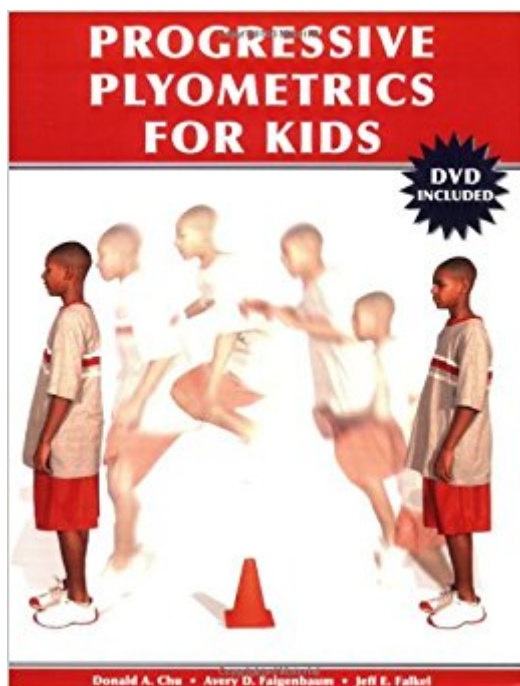


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# Progressive Plyometrics For Kids



## Synopsis

Three of the most respected and sought-after specialists in the field of exercise and physical conditioning, Donald A. Chu, Avery D. Faigenbaum, and Jeff E. Falkel, present this comprehensive, progressive, cost effective, and developmentally appropriate program of plyometric exercises specifically designed for younger athletes. This book with free DVD begins with easy-to-understand and apply principles, methods, and modes of plyometrics, and offers keys to training success and program design. It then outlines a clear six-week progressive plyometric program, divided into three stages: bronze, silver, and gold. Each of the exercises in the three stages are described in complete detail, including equipment needed, a point-by-point action sequence, and movement-specific coaching points. Multiple clear photographs accompany each exercise. The remarkable and easy-to-navigate 58-minute free DVD that comes with the book allows you to see this all-star team of trainers explain the 45 exercises from the progressive program. Then watch as they coach young athletes through each of the activities in real time, giving coaching points and tips to insure maximum results. Ideal for coaches, teachers, and parents of young athletes at any age and any ability level.

## Book Information

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## Customer Reviews

As a high school strength coach, I give this book my highest recommendation. -- Mike Nitka, MS, CSCS  
The book is a must for anyone training this population. -- Dan Wathen, ATC, CSCS, NSCA-CPT  
The first book that I have seen about teaching kids how to perform plyometrics correctly, and written by world-renowned experts. -- Thomas R. Baechle, Ed.D, CSCS\*D, NSCA-CPT\*D  
While

keeping safety at the forefront, the program is designed to enhance strength, coordination, and overall body control. -- Christy Boyd Lehrer, MD, FAAP, CSCS

Donald Chu, PhD, PT, ATC, CSCS, has more than 30 years of experience working with athletes of all ages in the area of performance enhancement. His work in plyometric training for the elite athlete has been presented in some of his earlier books, including *Jumping into Plyometrics* and *Explosive Strength and Power*. Both an educator and a coach, he has continued to train athletes at all levels in a wide variety of sports, including Olympians, and profession and scholarship athletes. Avery D. Faigenbaum, EdD, CSCS\*D, FACSM, is an associate professor in the department of health and exercise science at The College of New Jersey. He is a leading researcher and practitioner in the field of youth fitness, and has years of experience working with children and adolescents. Dr. Faigenbaum is the coauthor of four books. He is a Fellow of the American College of Sports Medicine and has served as vice president of the National Strength and Conditioning Association. Jeff Falkel, PhD, PT, CSCS\*D, is a physical therapist and strength and conditioning coach with VDP Enterprises in Littleton, CO. For more than 25 years, he has treated, coaches, and trained athletes of all ages, from the very young to elite international players. Dr. Falkel is also a strength and conditioning consultant for several military units. He is a coauthor of two books, and will be the chair of the National Strength and Conditioning Association Certification Commission from 2006 to 2008.

I am using the exercises in this book for my upper elementary PE class. The kids are loving the workouts and are seeing the results of hard work. The DVD does a good job showing the exercises and also modifications so you can use the equipment that you have without a lot of extra expense.

I would rate this book and dvd higher if I could! I purchased it to help my 10 year old son develop better strength, speed and agility for football season. He plays center and nose tackle and is a little over 5 feet tall and about 125 lbs. Last year (his first playing tackle football), he didn't have great movement and didn't make many tackles. After going through this program in 6 weeks, he took almost a full second off his 25 yard dash time, added 8 inches to his standing broad jump and 3 inches to his vertical leap. The system consists of 3 progressive levels of 15 exercises each: bronze, silver and gold. Any child could comfortably start with the bronze level and move on to silver in 2 or 3 weeks. The authors recommend 2 sessions per week with adequate rest between sessions. Each session took us between 30 minutes and an hour to complete, depending on the number of sets used for each exercise. The exercises are thoroughly explained in the book, but you

also get the added bonus of the dvd which clearly demonstrates each exercise. My son and I both had fun with the program and will use it again for off season training.

Fast delivery, great program I am currently in the bronze level with my 9 y/o and he loves it. My son is a more agile than most and I thought he wouldnt gain anything from it, but he is excelling after the first week and showing amazing progress! This is a great book for children of all ages!!! Thank You

I bought this book after borrowing it from a friend/ running coach. I help coach running and the ideas and information in the book are very helpful when planning my workouts, as I am new to coaching running. Very useful and great resource for coaches of all levels to have.

Very interesting approach to training for children. The book spells out clearly what you're doing and why.

The info is very educational. I personally was bored with the beginning because I wasn't looking for background info. I just wanted exercises that produced great results. I was able to use the exercise info the day I received the book and implemented a few into my training routine easily and effortlessly.

I have been teaching children's fitness for over 10 years and have read a lot of books relating to children's fitness programs. This has been the easiest to understand and implement. I highly recommend this book to anyone new to teaching kids and to those who want new ideas.

Great Book! Pretty good illustrations. You can turn around and start using tomorrow! These guys are the ultimate pros in the field.

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Medical Terminology Book 1) AACN Essentials of Progressive Care Nursing, Third Edition (Chulay, AACN Essentials of Progressive Care Nursing) Recorder Lessons for Kids - Book 1: How to Play Recorder for Kids (Free Video Available) (Progressive Young Beginner) Books for Kids: Lily the Little Mermaid (Mermaid Books for Kids, Children's Books, Kids Books, Bedtime Stories For Kids) (The Mermaid Stories: Kids Fantasy Books Book 2) Childrens Book : Fun facts about Egypt: (Ancient Egypt for kids) (Ages 4 - 12) (egypt picture book, pyramids for kids, mummies for kids, hieroglyphs for ... books for kids, egypt history for kids) Books For Kids : Charlie The Smart Elephant (FREE BONUS) (Bedtime Stories for Kids Ages 2 - 10) (Books for kids, Children's Books, Kids Books, puppy story, ... Books for Kids age 2-10, Beginner Readers) Books For Kids : Mimi finds a new friend (FREE BONUS) (Bedtime Stories for Kids Ages 2 - 10) (Books for kids, Children's Books, Kids Books, cat story, ... Books for Kids age 2-10, Beginner Readers) The Secret of the Ballet Book: (Kids Fantasy Books, Ballerina Fiction) (Kids Mystery, Girls Books Ages 9-12, Ballet Stories, Dance Books, Kids Books, Kids Fantasy Books Ages 9-12) Princess Kate Meditates (Children's Book about Mindfulness Meditation for Kids, Preschool Books, Kids Books, Kindergarten Books, Kids Book, Ages 2-8, ... Stories / Picture Books / Kids Books) Business For Kids: for beginners - How to teach Entrepreneurship to your Children - Small Business Ideas for Kids (How to Start a Business for Kids - Business for children - Kids business 101) The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine Gimme Something Better: The Profound, Progressive, and Occasionally Pointless History of Bay Area Punk from Dead Kennedys to Green Day Angry Octopus: An Anger Management Story introducing active progressive muscular relaxation and deep breathing Progressive Steps to Syncopation for the Modern Drummer (Ted Reed Publications) 335 Selected Melodious Progressive Technical Studies for French Horn, Book 1

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