

Discover the Ultimate Training Methods to Enhance Your Kids' Speed - Exclusive Tips from Steve Bennett!

Speed is a crucial aspect of athletic performance, and training kids for speed at an early age can provide them with a competitive edge. In this article, we will dive into the expert advice from renowned sports coach, Steve Bennett, who has dedicated years to optimizing training methods for young athletes.

The Importance of Speed Training for Kids

Speed is not only beneficial for sports like running or football but also plays a vital role in overall agility, coordination, and reaction time. Training kids for speed can enhance their athletic abilities, boost their self-confidence, and contribute to a healthy lifestyle. Additionally, speed training promotes discipline, determination, and perseverance.

Benefits of Early Speed Training

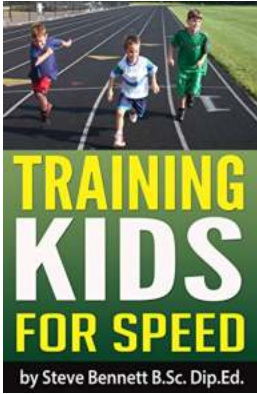
Start early, reap the rewards! Early speed training helps kids develop proper techniques and build a solid foundation. It enhances their motor skills, muscle strength, and endurance, while simultaneously improving their cardiovascular health. Early training also promotes correct movement patterns, preventing injuries and enhancing their body's biomechanics.

Training Kids For Speed by Steve Bennett (Kindle Edition)

★★★★★ 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



Training Methods to Accelerate Kids' Speed

1. Dynamic Warm-Up Exercises

Prior to any training session, a dynamic warm-up routine is essential. It prepares the muscles, joints, and ligaments for physical activities while reducing the risk of injury. Coach Steve Bennett recommends exercises like high knees, butt kicks, lunges, and leg swings to warm up the body effectively.

2. Interval Training

Interval training involves alternating periods of high-intensity exercise with periods of rest or low-intensity activity. This type of training is beneficial for kids as it helps develop both their aerobic and anaerobic systems. Coach Bennett suggests incorporating activities like shuttle runs, sprint intervals, and hill sprints in training routines to improve kids' speed and endurance.

3. Plyometric Exercises

Plyometric exercises focus on explosive movements that help develop power and speed. They involve rapid stretching and contracting of muscles, aiding in the development of fast-twitch muscle fibers. Coach Steve Bennett advises

incorporating exercises like box jumps, squat jumps, and lateral bounds into training programs to enhance kids' speed and explosiveness.

4. Resistance Training

Resistance training using bodyweight exercises or lightweight equipment can significantly improve kids' speed and strength. It helps build muscle mass, which directly affects speed and power output. Coach Bennett suggests exercises like squats, lunges, push-ups, and resistance band exercises to strengthen muscles and enhance overall athletic performance.

Essential Tips for Training Kids for Speed

1. Focus on Proper Technique

Emphasize the importance of proper technique from the beginning. Coach Bennett emphasizes that developing good running mechanics and body control is crucial to maximizing speed potential. Correct posture, arm movements, and stride length play key roles, so ensure your kids receive proper guidance and regularly monitor their form.

2. Make It Fun

Training sessions should be enjoyable to keep kids engaged and motivated. Incorporate games, challenges, and friendly competitions to make the training process exciting. Consider creating obstacle courses, relay races, or incorporating their favorite sports to maintain their enthusiasm and desire to improve their speed.

3. Avoid Overtraining

While it's important to challenge kids during training sessions, overtraining can be counterproductive and lead to burnout or injuries. Coach Bennett stresses the

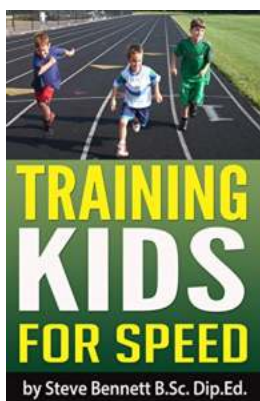
significance of proper rest and recovery to allow the body to adapt and grow stronger. Adequate sleep, nutrition, hydration, and rest days are all critical components of any training program.

4. Supportive Environment

Create a positive and supportive environment during training sessions.

Encourage kids, provide constructive feedback, and celebrate their achievements, no matter how small. This boosts their confidence and helps them stay motivated, setting the stage for long-term success.

Training kids for speed is a blend of science, technique, and fun. By following the expert advice shared by Steve Bennett, parents and coaches can shape the next generation of fast and agile athletes. Remember, starting early, incorporating proper technique, implementing various training methods, and ensuring a supportive environment are key ingredients to help kids reach their maximum potential in the world of sports and beyond.



Training Kids For Speed by Steve Bennett (Kindle Edition)

★★★★★ 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



Modern sprint training methods have been adapted into a comprehensive program that is suitable for use with developing athletes of any age. Program guidelines are suitable for young athletes.

Learn to run the modern way displayed by the Worlds Best Sprinters. Kidspeed is a best seller and has been purchased by thousands of people all over the world.

All young athletes need to learn and practise running properly so that they can run faster easier and avoid injury.

To Coaches,

Following the principles displayed in Training Kids for Speed will almost certainly see clear improvement in the running performances of the athletes or players in your care. Many ideas contained in Training Kids for Speed should also help decrease the athletes chances of injury. There is a great range of ideas for you to choose from in Chapter 7 - Training Session Ideas.

To Parents,

Reading Training Kids for Speed will prepare you to understand the importance of your children being shaped technically as they mature. It also explains the way that a large variety of areas of training impact on running performance and technique. It discusses what is good practice and what is not. If your children have programs that embrace the principles contained in this book they will have an increased chance of reaching their speed potential and will also have plenty of fun doing it.

Index of Contents

Chapter 1

The New Biomechanics of Sprinting

A detailed description of the latest technique of Sprinting that is displayed by Athletes like Marion Jones and Maurice Greene. Also discussion of how a knowledge of this can be applied to any developing athlete.

Chapter 2

Sprinting & the Nervous system

The Nervous system is quite limited in its capacity to recover from certain types of stresses. This is a very important area to understand when aiming to produce and train for high speeds.

Chapter 3

Strength Development

How can strength best be developed in Kids?

Chapter 4

Power Development

Any athlete that wants to accelerate fast and have a higher maximum speed will need to be able to develop more power. What can be done to improve power?

Chapter 5

Endurance Development

How can athletes develop endurance without decreasing speed. What is good long-term? What is bad practise?

Chapter 6

Improvement of Technique

Important guidelines in the development of improved technique. Making sure

there is technical improvement is the prime indicator of what is good coaching and what is not.

Chapter 7

Training Session Ideas - Over 10 A4 pages of ideas for training sessions. The section also contains guidelines for designing appropriate sessions to be more effective at improving technique and performance both long term and short term. There are many special sessions that should be done with young kids eg a 15s 100m runner could do a maximum speed session like 2 sets of 3 runs over standing start 30 or 40m resting between about 3-4minutes, and doing something different like Med Ball activities between sets. This section aims to explain how to design sessions that are appropriate - it is not just a collection of standardized sessions. Creativity is a big part of the fun of coaching and athletes love variety. The key to fun and effectiveness is a coach delivering a variety of effective training activities within certain guidelines.



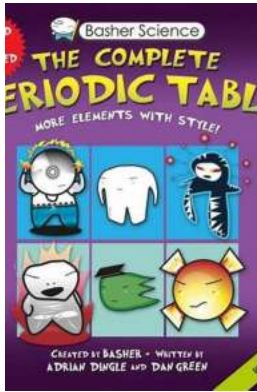
Unveiling the Epic Adventure of Wild Space: Vol Star Wars Universe - Explore the Unknown Galaxies!

Have you ever wondered what lies beyond the reaches of the Star Wars galaxy we all know and love? Brace yourself for an exhilarating journey into the uncharted territories...



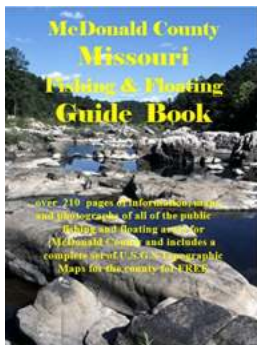
Discover How Jennifer Lopez Celebrates Her Great Hispanic Heritage that Shaped Her Success

Jennifer Lopez, also known as J.Lo, has become an iconic figure not only in the entertainment industry but also for representing and celebrating her Hispanic heritage....



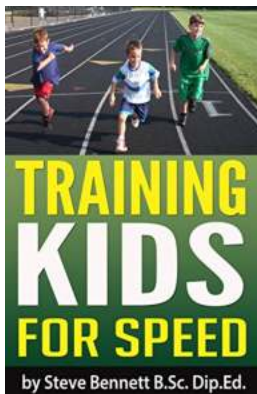
All The Elements With Style - Unraveling the Secrets of Design

The Art and Science Behind Designing Engaging Content Design is everywhere. From the clothes we wear to the websites we visit, every aspect of our lives is...



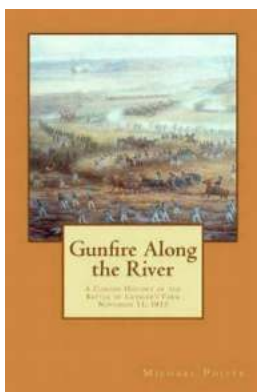
Discover the Ultimate Fishing and Floating Guide in McDonald County, Missouri!

Welcome to McDonald County, Missouri, where the serene beauty of nature meets the excitement of fishing and floating adventures! Whether you're a seasoned angler or a...



Discover the Ultimate Training Methods to Enhance Your Kids' Speed - Exclusive Tips from Steve Bennett!

Speed is a crucial aspect of athletic performance, and training kids for speed at an early age can provide them with a competitive edge. In this article, we will dive into...



Breaking News: Gunfire Erupts Along The River Michael Phifer! Shocking Details Unfold

The picturesque River Michael Phifer, known for its serene beauty and tranquil ambiance, has been shattered by the sound of gunfire. In a shocking turn of...



Unveiling the Untold Story of Abolitionism: A Journey Through Key Concepts in American History

The Birth of an Idea: Understanding Abolitionism Abolitionism, a movement that played a pivotal role in shaping American history, encompassed a myriad of key concepts...



The Transformational Story of Caged Warrior Alan Lawrence Sitomer: From Educator to Mixed Martial Arts Fighter

In the world of mixed martial arts (MMA), there are many inspirational stories of fighters who have overcome odds and obstacles to achieve success in the...