

Training Kids For Speed: Unveiling the Secrets with Steve Bennett

When it comes to athletics and speed, training kids at an early age can have a significant impact on their overall development. Steve Bennett, a renowned sports coach and expert in speed training, has dedicated his life to helping young athletes reach their maximum potential on the field. In this article, we will delve into the secrets behind training kids for speed as shared by the one and only Steve Bennett. Get ready to uncover the keys to unlocking your child's speed potential!

A Passion for Speed

Steve Bennett's fascination with speed started at a young age. As a child, he was known for his extraordinary speed on the track, leaving his competitors amazed. It was this passion that drove him to become a coach and share his knowledge and skills with the younger generation.

According to Bennett, speed training for children is all about creating a strong foundation that will serve them well throughout their athletic careers. He firmly believes that developing speed and agility in children not only enhances their performance on the field but also fosters discipline, determination, and self-confidence.

Training Kids For Speed by Steve Bennett(Kindle Edition)

★★★★★ 5 out of 5

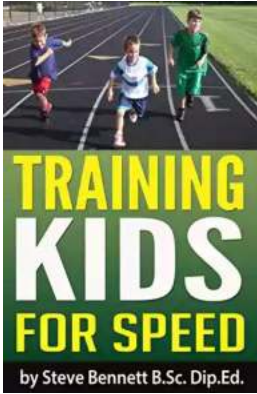
Language : English

File size : 2340 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled



Word Wise : Enabled
Print length : 48 pages
Lending : Enabled



The Importance of Proper Technique

One of the essential aspects of speed training that Bennett emphasizes is the importance of proper technique. Without proper form, a child's speed potential may go unrealized. Bennett explains that teaching children the correct running mechanics, such as proper stride length, arm swing, and foot strike, sets the foundation for their future success.

"I always tell my athletes that speed is a skill that can be learned and perfected. By focusing on their running technique at an early age, we lay the groundwork for improved performance in the long run," says Bennett.

Age-Appropriate Training

Bennett emphasizes the importance of tailoring training programs to suit a child's age and developmental stage. As children go through growth spurts and physical changes, their training needs also evolve. A well-designed program takes into account these changes and adjusts the training accordingly.

He recommends a comprehensive approach that includes a combination of strength training, flexibility work, plyometrics, and speed drills. This multi-faceted

approach helps children develop overall athleticism while also focusing on improving speed and agility.

Mental Conditioning for Success

Physical training alone is not enough to unlock a child's full speed potential. Mental conditioning plays a crucial role as well. Bennett firmly believes in instilling a positive mindset and mental toughness in young athletes.

"Speed is not just about physical capabilities; it is also about mental strength. Teaching kids to overcome challenges, embrace failure as an opportunity to learn, and stay focused under pressure are all crucial elements in their speed development journey," says Bennett.

The Role of Nutrition

Proper nutrition is often overlooked when it comes to speed training for kids. However, Bennett emphasizes that nutrition plays a vital role in optimizing performance and recovery. A well-balanced diet, rich in lean proteins, whole grains, fruits, and vegetables, provides the necessary fuel for young athletes to excel.

He recommends avoiding processed foods, sugary snacks, and drinks high in caffeine, as they can negatively impact a child's energy levels and overall health.

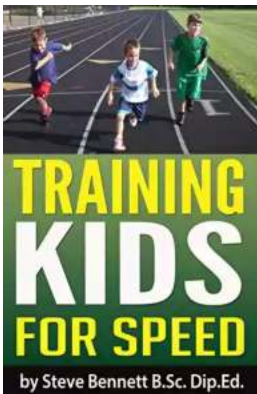
Support from Parents and Coaches

Training kids for speed requires a collaborative effort from both parents and coaches. Bennett stresses the significance of open communication and a harmonious relationship between parents, coaches, and athletes.

"Parents and coaches need to work as a team to provide the best environment for the child's development. Regular updates, feedback, and support systems ensure that the child feels motivated and encouraged throughout their speed training journey," explains Bennett.

Training kids for speed is a multidimensional process that involves proper technique, age-appropriate training, mental conditioning, nutrition, and robust support systems. With Steve Bennett's expertise and guidance, young athletes can unlock their speed potential and set themselves up for success in their athletic careers.

So, if you have a child showing interest in sports or display natural speed, it's never too early to start their speed training journey. Remember, it's not just about the physical aspect but also about cultivating discipline, confidence, and a winning mindset. With the right approach and dedication, your child could be the next sports sensation!



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?

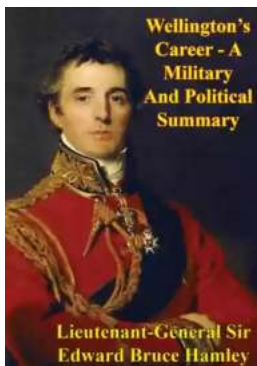
Chapter 6

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.



Wellington's Incredible Military and Political Journey: A Legacy That Resonates

When it comes to military and political history, few figures have left a mark as profound and influential as Arthur Wellesley, Duke of Wellington. Born on May 1, 1769, in...



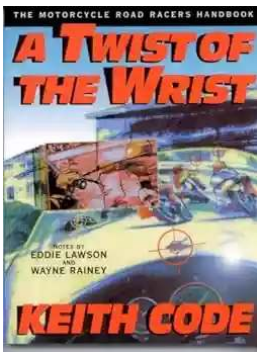
10 Mind-Blowing Events That Take Place In Space

Welcome to the fascinating world of outer space, where unimaginable events unfold and capture our wildest imagination. From breathtaking supernovas to...



The Astonishing Beauty of Lanes Alexandra Kui: Exploring the Enigmatic World of an Extraordinary Artist

When it comes to capturing the essence of beauty and emotion through art, few artists can match the extraordinary talent of Lanes Alexandra Kui. With her unique style,...



Unlock the Secrets of Riding with a Twist Of The Wrist

Are you a motorcycle enthusiast? Do you dream of being able to ride with skill, precision, and confidence? Look no further, as we are about to reveal the key...



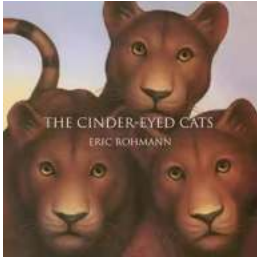
The Ultimate Guide to An Epic Adventure: Our Enchanting Journey to the Jubilee

Are you ready for a truly mesmerizing and unforgettable experience? Join us on a journey like no other as we take you through our thrilling trip to the Jubilee, an...



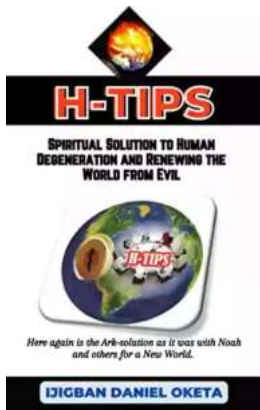
The Last Great Revolution: A Transformation That Shaped the Future

Throughout history, numerous revolutions have rocked the world, altering the course of societies and leaving an indelible mark on humanity. From the American Revolution to the...



The Cinder Eyed Cats: Uncovering the Mysteries of Eric Rohmann's Enchanting World

Have you ever come across a book that takes you on a magical journey, leaving you spellbound with its captivating illustrations and intriguing storyline? Well, look no...



Discover the Ultimate Spiritual Solution to Human Degeneration and Renew the World from Evil!

In today's fast-paced, modern world, it seems that human degeneration and the presence of evil continue to spread, wreaking havoc on our mental, emotional, and...