

GABRIELE

FITNESS & PERFORMANCE



TRAINING TIPS & INFORMATION FOR COACHING YOUTH ATHLETES

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1. **Coordination:** (Balance, Body Awareness and Rhythm) is best developed between the ages of 7-14.
2. **Technique:** The most effective way to get a young athlete in game shape is to teach them how run or move *efficiently*. This will improve energy expenditure, will drastically reduce the incidence of injury and improve overall performance.
3. **Speed is a skill that can be trained:** Simple mechanics such as arm action and foot strike can make huge differences in running speed.
4. **Coaching!** Young athletes need to learn basic skills through sound instruction from their coaches. Coaches should be role models for our athletes and provide them with positive, constructive coaching.
5. **Know Your Athletes:** There are 3 ways young athletes can learn specific skills: Verbal, Visual and Kinesthetic. It is important that when teaching large groups to incorporate all three.
6. **Proper Warm-up before training and practice:** This has several benefits including maintaining or improving cardiovascular conditioning, improving joint mobility and flexibility, improving balance and preparing the body for specific tasks.
7. **Nutrition:** Sound nutritional habits will boost performance by improving body composition, enhance ability to fight sickness and increase energy level. Use the high performance vehicle example.
8. **Nutritional Golden Rules:**
 1. Eat 5 Small meals per day

2. Eat Protein at each meal
 3. Choose vegetables, fruits and whole grains when consuming carbohydrates
 4. Look for good fat: Poly and Mono Unsaturated Fats
9. **Set Goals:** Always have a plan for where you want to go. Make sure your goals are SMART goals. The best way is to write your goals down on paper and read them every day.

Sample Active Dynamic Warm-up for Youth Athletes

This workout is a series of flexibility, mobility, strength, balance, coordination and conditioning drills. If performed before every workout or practice it will be a tremendous way to get your athletes in better shape. The tempo of this warm-up should be high to fire up their Central Nervous System. This particular workout is one of many variations of drills and will usually take about 10 minutes.

1. Bodyweight Calisthenics circuit: 10 Jumping Jacks, 10 Seals, 10 Iron Cross, 30 Ankle Hops
2. Walking Knee Hug 20 Yards
3. Walking Quad Pull 20 Yards
4. Walking Leg Cradles 20 Yards
5. Airplanes in Place 5 each side
6. Split Squat 5 reps each side
7. Lateral Squat 5 reps each side
8. Rotational Squat 5 reps each side
9. Bear Crawls 2x20 Yards
10. Lateral Bear Crawls 2x20 Yards
11. Skip 2x20 Yards
12. Shuffle 2x20 Yards
13. Tapioca 2x20
14. Backward Run 2x20
15. Supine Bridge Hold 2x20 seconds
16. Cobra Holds 2x20 seconds