

## **Age Considerations**

### **Adolescents**

\*All coaches who deal with young athletes should research the following:

- Level of preparedness (varies by athlete not by age)
- Rest, recovery, and overtraining issues
  - Multi- Sports (not too much one-sport practice)
  - Frequency, volume and intensity
- Neurological factors
  - Trainability
  - Adaptability
  - Train the CNS
  - Isometrics
- Physiological factors
  - Lack of connective tissue strength
  - Growth plates
  - Postural Problems
- Deceleration
  - Jumping and landing
  - Running and stopping