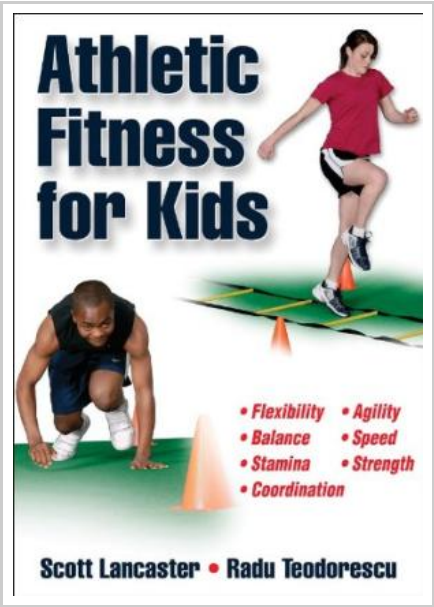


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Athletic Fitness for Kids

By Scott B. Lancaster, Radu Teodorescu

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Athletic Fitness for Kids, Scott B. Lancaster, Radu Teodorescu, Develop the top athletes of tomorrow with the only system proven to fully develop children's physical capabilities without drop-out, injury or burnout. The foundation for athletic success is established early through a well-rounded programme incorporating a variety of movement skills instead of concentrating on one sport."Athletic Fitness for Kids" develops movement skills and fitness for 8 to 12 year olds using an innovative, fun, self-learning and self-testing system. Competitive game-like activities help youngsters develop seven key sports skills - agility, balance, co-ordination, flexibility, speed, stamina and strength.This book includes games and drills centered on popular sports like, basketball, football, hockey, soccer and tennis. Seasonal, individual sports and winter sports are also represented to add new challenges and variety that keep children enthused and involved year round.Developed by NFL Youth Development Director Scott Lancaster and fitness adviser Radu Teodorescu, "Athletic Fitness for Kids" will maximise athletic potential and open doors to a lifetime of fitness and sports participation.

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