

# Developing Movement and Athleticism in Youth Players

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The presentation will specifically address the athletic development of pre-pubescent youth soccer players ages 10 to 14 years old and how to optimize training opportunities in the team setting. The scope of the presentation will include current theory regarding how to best develop players' physical performance, integration of the psychological development, and variability in learning styles which exist. The primary focus will be on the development of an age-specific curriculum that focuses on developing, and progressing movement and athleticism.

## NOTES