



# Youth Soccer: From Science to Performance

*Thomas Reilly, Dave Richardson, Gareth Stratton, A. Mark Williams*

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As the adult game has increased in popularity, youth soccer has also seen significant expansion in recent years. The popularity of the youth game is set to continue. Young boy and girl players wish to emulate professional soccer stars and the professional game, often with long-term financial rewards in mind, is increasingly keen to develop young talent.

Applied sports science is now a well-established feature of the adult game but the sports science that supports modern football does not translate directly into the youth game. The coaches of young players need specific information about children. Themes explored in this text include:

- growth of physiological systems
- development of motor and perceptive skills
- paediatric environmental physiology
- prevention of injury
- diet and nutrition
- youth fitness and skills training
- effective teaching and coaching of juniors
- the role of football academies.

*Youth Soccer: From Science to Performance* blends current child-focused sports science theory with youth-specific coaching practice to help create soccer development strategies for children. It promotes knowledge and understanding in all these areas and will further professional expertise amongst coaches who wish to develop the all year round potential of youth soccer players and train the stars of the future.

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