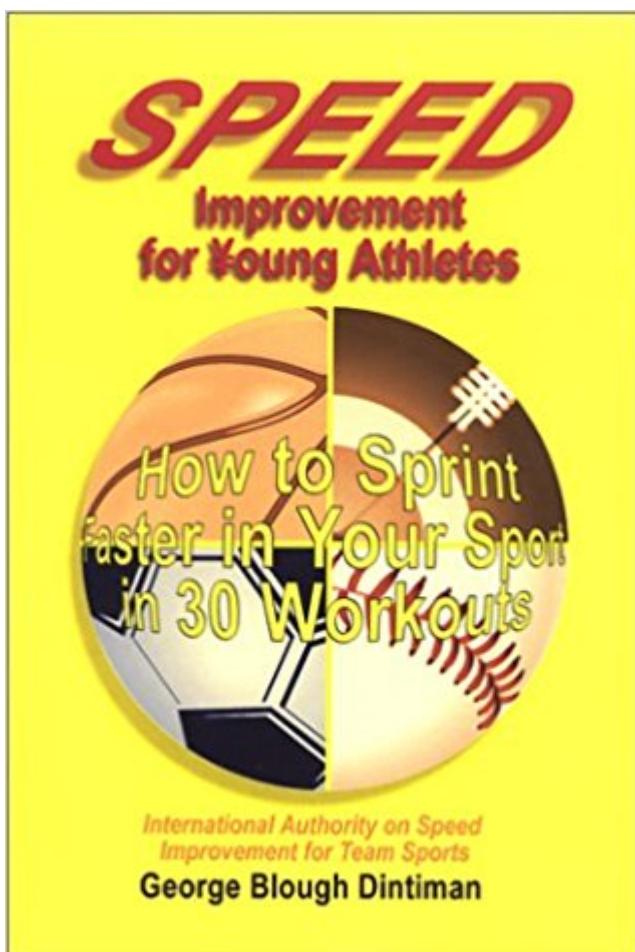


The book was found

# Speed Improvement For Young Athletes: How To Sprint Faster In Your Sport In 30 Workouts



## **Synopsis**

This new book addresses the number one concern of millions of parents and athletes, age 9-19 in baseball, basketball, football, soccer, rugby, field hockey and tennis: "How can I improve speed in short sprints for my sport?" Step-by-step instructions show you how to first locate your weaknesses, then eliminate them by completing just 30 specific easy-to-follow workouts. This must read and must do book produces amazing results with a program that will also work for you.

## **Book Information**

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## **Customer Reviews**

Grade 9 Up-A guide to evaluating speed strengths and weaknesses and improving team sports performance. Dintiman addresses stride rate and length, acceleration, endurance, and technique, and outlines some 30 hour-and-a-half workouts. The recognition of training differences for varying levels of skill and development, appropriate weightlifting exercises, performance considerations, and safety tips are the real strengths of his book. Lee Brown's *Training for Speed, Agility, and Quickness* (Human Kinetics, 2000) does a better job of distinguishing differences in speed training for sport-specific programs. The appendix consists of a test score sheet, abdominal exercises, a list of emphasis areas by sport, and a list for further reading (including 15 titles by Dintiman).

Black-and-white computer graphics and small photographs depicting weight training illustrate the book. Other exercises described do not have diagrams or pictures. The organization of the book demands some flipping back and forth between sections. Some terminology may be unfamiliar to readers; there is no glossary. Inconsistencies and grammatical, typographical, and other errors [...] and the lack of documentation limit the value of this book. Janice C. Hayes, Middle Tennessee State

Update with following information: Dr. George B. Dintiman is currently a Professor Emeriti of Health and Physical Education at Virginia Commonwealth University where he previously served as Division Chair and Professor of Health Education. He received his B.S. from Lock Haven University, M.A. from New York University and Doctorate from Columbia University. He is the Founder and President and of the National Association of Speed and Explosion and an internationally known expert on the improvement of speed for team sports. A speed consultant to professional and university sports teams, his speed improvement techniques and books are in use throughout the world at all levels of competition from age group athletes to the pros. Dr. Dintiman is the pioneer of speed improvement for team sports and has conducting camps and clinics for athletes and coaches since the mid-1960s. He is also the author of 40 books and several videos on speed improvement, sports, fitness and wellness, nutrition, weight control, and general health. Dr. Dintiman was a draft choice of the Baltimore Colts of the NFL and a selection of the Montreal Alouettes of the CFL. After leading Lock Haven State University to its only undefeated team in history, breaking all rushing and scoring records, several of which remain after forty-five years, his Jersey was retired from use; the only jersey ever retired in LHU history. He was also one of the State of Pennsylvania's leading scorers in basketball scoring 52 points in a single game; and served as Captain of the Track Team running the high and low hurdles and 100-meter dash. Dr. Dintiman also is credited with starting and coaching the first Inter collegiate football team in the History of Puerto Rico in 1964. He also coached the Inter American University of Puerto Rico basketball team to its first and second undefeated team in the Intercollegiate league of Puerto Rico. Dr. Dintiman was inducted into the Pennsylvania Sports Hall of Fame, Capital Area Chapter in 1993. Dr. Dintiman has two daughters, one son, and three grandchildren and lives on the Outer Banks of North Carolina where both he and his wife, Carol Ann are avid fitness participants in tennis, running, cycling, kayaking, and weight training.

The good thing about this book is that it lays out a very rational plan for speed improvement with pre-testing and needs evaluation. The organization of the workouts is a little complicated, though, leaving the reader to constantly refer to separate tables in different parts of the book. Some of the form exercises are pretty dated as well.

Great book

Its ok! If you were in good enough shape to do the workouts you would be fine!

March 3, 2004 Reviewer: George R. Colfer, PhD. After reading two mixed reviews from 2002 and 2004, I decided to read and review this book. Considering who the book was written for (i.e., young athletes), I would recommend it as a Resource and Guide for Speed Improvement. No book is ever perfect for all audiences regardless of size, length or type. When I see a title for "young athletes," I usually hold my breath as most imitate what works only for highly skilled athletes. The first thing I liked about the book was the introduction including "How to use the book" (pg. 11) and Chapter 1, which offers assessment to determine readiness for certain components of the workouts. Another example was regarding Plyometrics (pg. 90) where the author states a leg strength requirement and who by age level should avoid plyometrics, although I would rather see this at the beginning of the section as many youngsters "do" and don't read. Dr. Dintiman is very knowledgeable and also proven in the area of speed and running improvement. He has a much higher level book now in its 3rd or 4th printing. Speed Improvement for Young Athletes is readable and follows a "how to do it" approach without a lot of "hype." My experience with speed is that it first requires self-motivation. There is a lot of material and equipment necessary which is why I think a youngster following this program would need the guidance of a coach, very knowledgeable parent or as part of a camp or clinic-type setting. The information and programs are proven to be effective with no doubt. Implementing them from reading about them may require some assistance as Dr. Dintiman mentions in the introduction (pg. 11-#1). Speed endurance is a relatively new term and is well covered in Chapter 7, but a more complete definition may be helpful. In the next edition, I would recommend updating some of the strength training photographs and I would find an index at the end to be very helpful. However, these do not detract from the content and program construction of the book (i.e., the 30 workouts), which achieves the author's purpose.

While focusing on several insignificant items, the reviewer for the "School Library Journal" missed an opportunity to fully appreciate an excellent book, concisely written with a practical approach, by the leading expert in the world. The favored work of the above reviewer, for the "School Library Journal," consists only of illustrated exercises with no workouts to follow, no specific information on training programs and little help to anyone, including young athletes, coaches, or parents. "Speed Improvement for Young Athletes" has more useful information on previously tested and proven techniques than anything ever written. It is a book that "gets to the point" and prescribes 30 specific

workouts for age group athletes for all sports. This is not a research book and there is good reason to keep it clearly organized and understandable for the young athlete. "Speed Improvement for Young Athletes: How to Sprint Faster in Your Sport in 30 Workouts" is by far the best book on the market, and I highly recommend it for the young athlete who wants to move from the theory to actual practice and conditioning with effective gains in foot speed for their sport.

I purchased this book to brush up on speed training and the latest techniques so I could train my son and some soccer teammates. I have done speed training myself years ago and was familiar with the methods. This book cuts out the fluff and tells you exactly what to do and why. The author does a good job of explaining how to apply the training to younger athletes and at what age each technique is appropriate. The step by step training course outlined is terrific. My only complaint is that not enough emphasis is put on sprintng technique/posture and how to improve it. My experience has been that poor technique/posture is often the biggest problem for young athletes and luckily I already knew quite a bit about technique. A few more photos and details on proper sprinting technique would really help. Overall, the book is very good and we are achieving great results using the workouts.

Dr. Dintiman, an international authority on speed improvement, has produced a much needed text which offers excellent instruction on how to improve sport specific sprinting speed. What makes this book unique is that it is the first text specifically geared to the young athlete. The concepts in the text are based on internationally accepted research and proven instructional methods. The assessment program offered by the author is finely tuned to specifically uncover the young athlete's strengths and weaknesses. This allows valuable training time to be focused on specific points of identified weaknesses. Speed Improvement For Young Athletes: How To Sprint Faster In Your Sport In 30 Workouts, is a must purchase for any coach, parent, or individual who desires to produce a faster and quicker young athlete.

Eleven of my age group soccer kids completed the 30 workouts in this book in ten weeks. After seeing the improvement in acceleration and speed, the other 8 team members and their parents are sorry they didn't join in. The 30 workouts alone are worth the price of the book. You don't need a sports science background. If you are looking for a "just do-it" approach that improves speed in short sprints, this book is for you. The book cuts to the chase. There is no need to dig out anything. Everything that is included is important and the program works.

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