

# Fitness and Power Training for Youngsters

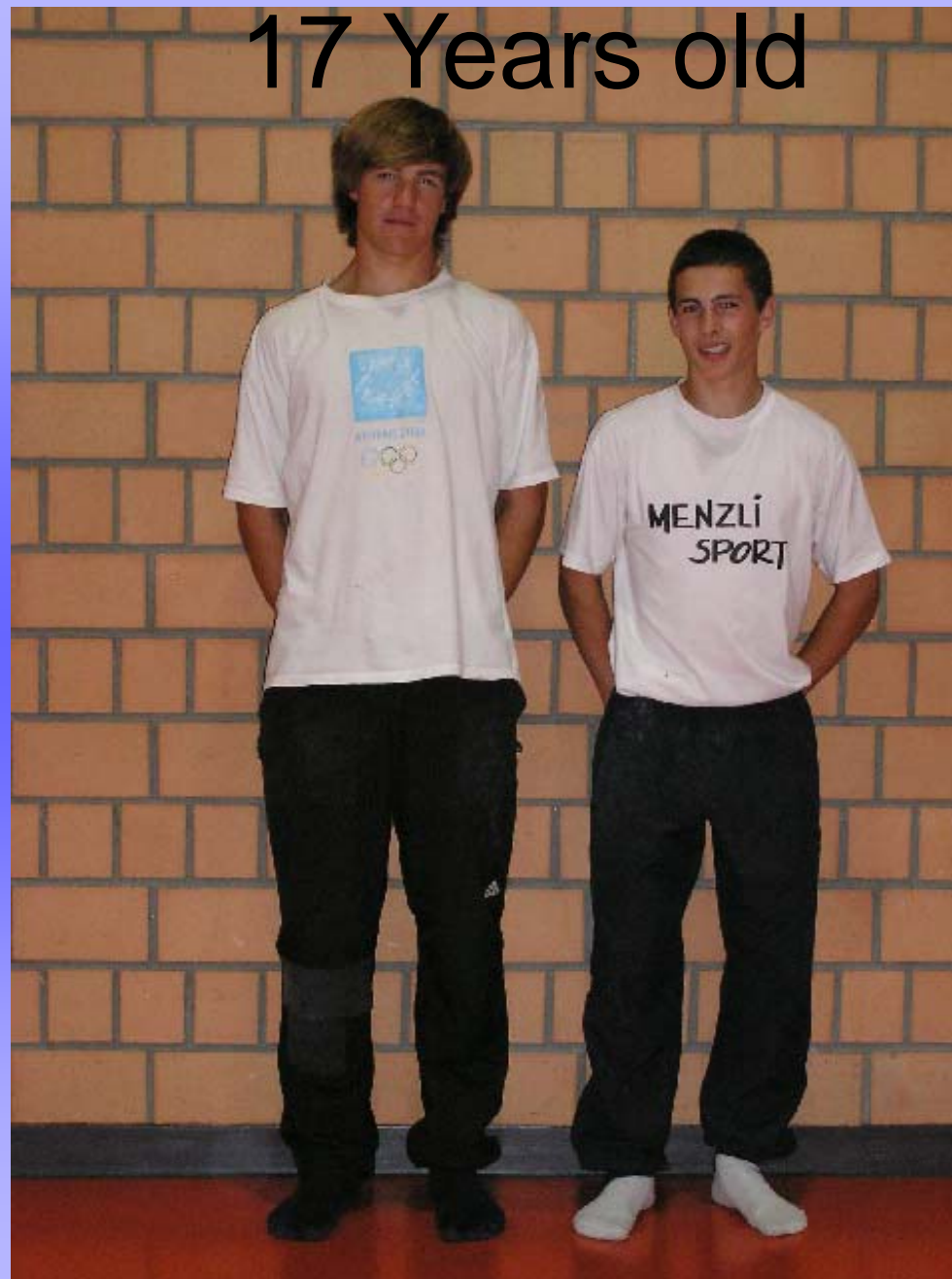


FIS Youth Ski Sports Conference

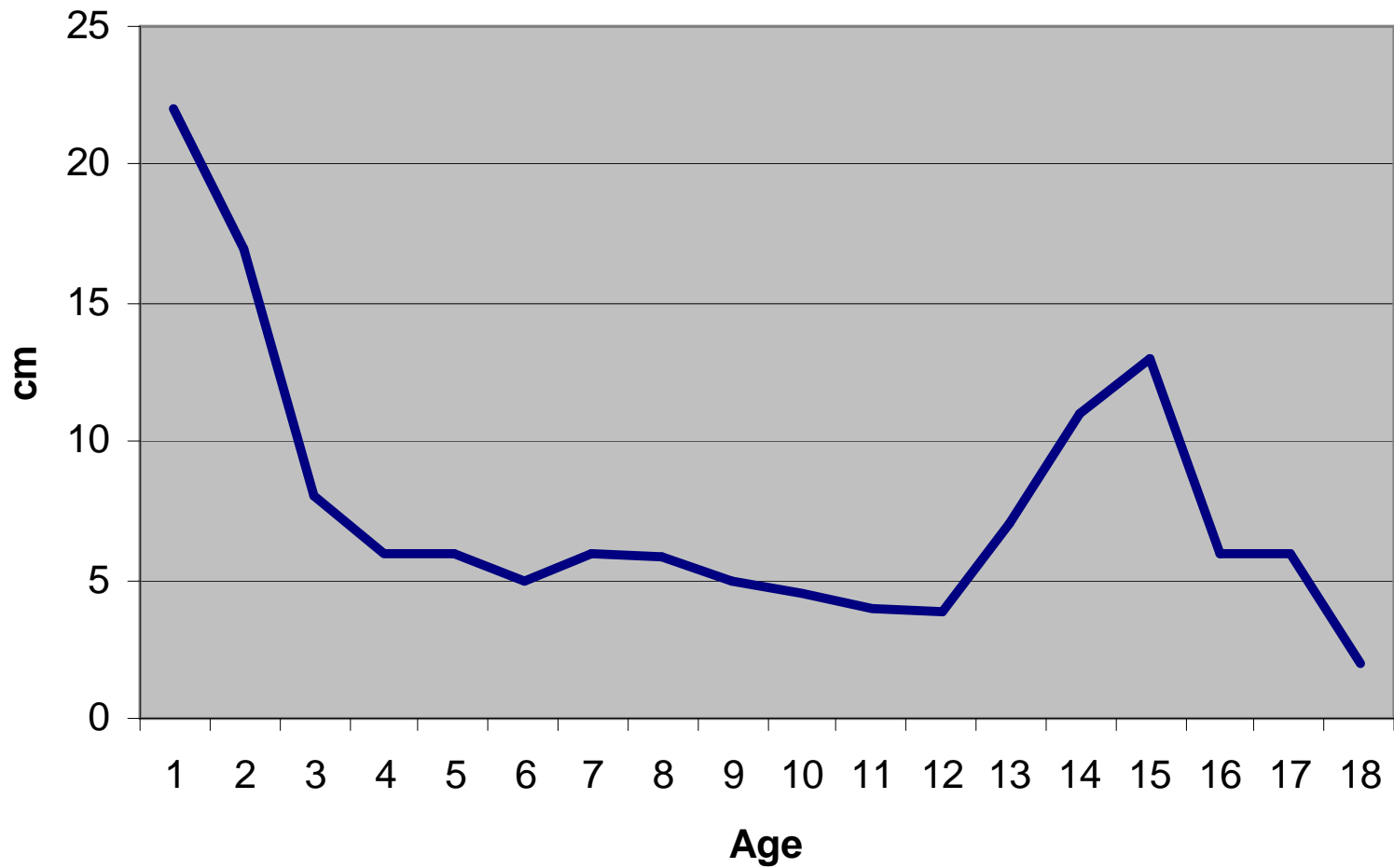
# Subjects

- How does a kid grow?
- What is expected from „FIS-Kid“?
- Video Clip
- Training

17 Years old

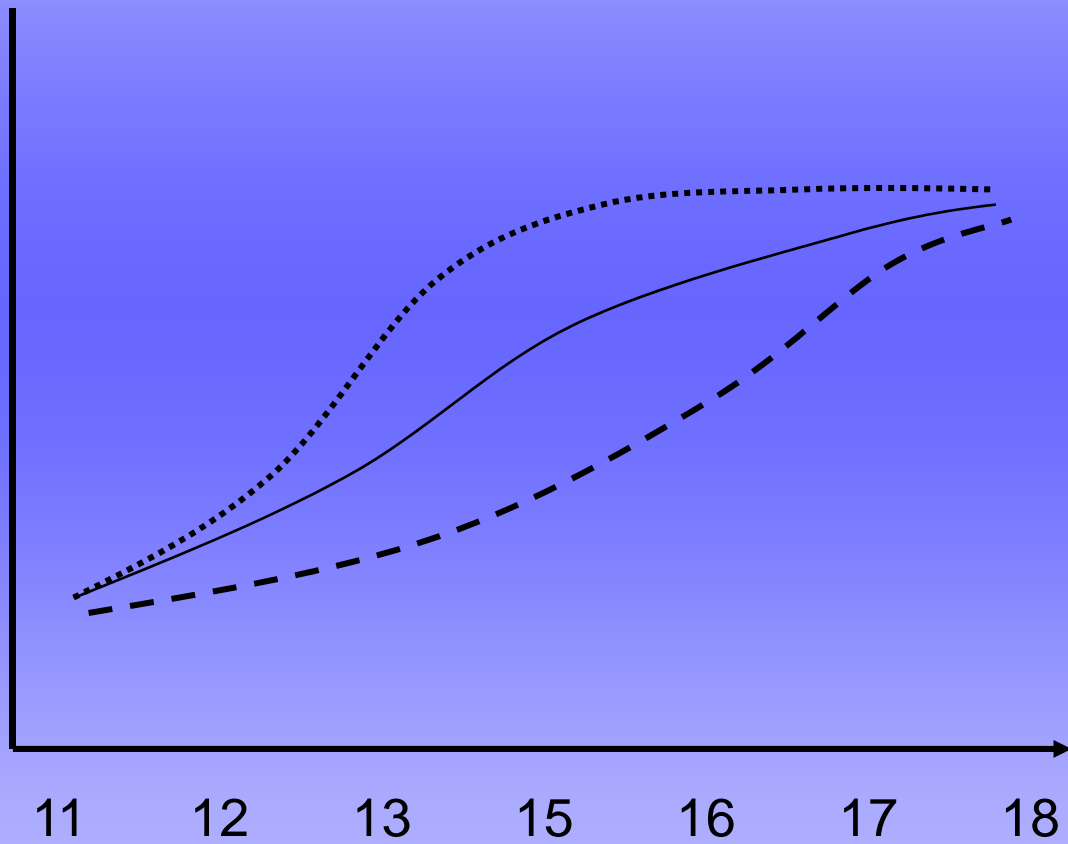


## Yearly Growing Rate



# Strength Development

Strength



Age

# A „FIS-Kid“ has to...

- practice a lot of different sports
  - know how to lift weights
  - have a good endurance basis
  - Ski „correctly“
- 
- Be selfsufficient
  - know some sports theory

# Short Movie Impressions

# Coordination

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graph TD; A[Coordination] --> B[different skills, sports, movements develop]; B --> C[Strength]; B --> D[Endurance]; B --> E[Quickness];
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different skills, sports, movements develop

Strength

Endurance

Quickness



# Strength Training (Age 10-13)

- Wrestling (Judo, Karate)
- Strength Circuit (45 s max)
- Gymnastics, Athletics
- Climbing
- Work

# Strength Training (Age 14-16)

- Learn how to lift weights correctly
- Strength Circuit Training
- Development of Power with other sports

# Endurance

- Aerob Endurance
- Games
- Skills

# Quickness

- Relay
- Reaction
- Catch me
- Strains longer than 6-8 s