



# BENEFITS OF CORE STRENGTH TRAINING FOR KIDS

Core strengthening for children can range from basic to advanced exercise movement. The core musculature includes the trunk of the body, from the hips to the shoulders. All movement originates at the core, therefore strengthening and training of this musculature improves posture, balance and basic well being, as well as increasing sports performance and decreasing risk of injury. According to the American Academy of Pediatrics, strength training for children is safe and beneficial, as long as it is supervised, all exercise is performed with proper technique, and maximum lift is avoided. On March 8, 2009, the Associate Press released an article indicating the benefits of Stability Ball use in classroom settings. Healthy and active bodies promote engaged and active minds.

Read more: <http://www.livestrong.com/article/83303-core-strength-training-children/#ixzz1dPj1qqRP>

---

## Why football core strength for youth players?

Pilates is one of the fastest growing fitness activities in the world, as the benefits it can produce are being fully appreciated by everyone from sports men and women, to the general public. It is very appropriate for children as it offers a range of different non-weight bearing movements, which can all be performed at varying levels of difficulty. Depending on the age group concerned, the movements are taught in a way that makes them fun and exciting.

[http://www.sportcorestrength.co.uk/Football\\_Core\\_Strength/youth.html](http://www.sportcorestrength.co.uk/Football_Core_Strength/youth.html)

---

## Core Strength

Washboard stomach. Rock-hard abs. Six pack. These phrases sound familiar? Clearly, most people think of these phrases when the topic of core strength is brought up, but there are many other benefits to having a strong core than the external—especially for most kids who aren't even mature enough to have that type of muscle development. Core muscles include your abdominals, along with the muscles around your back, hips and pelvis. These muscles keep your core stable while your limbs are active. Your child, regardless of sport, needs to have a strong core to create and maintain strength within their body for any activity.

A strong core helps an athlete shift power from the deeper muscles of the hips and trunk effectively to the extremities, withstanding powerful athletic movements and reducing chances of injury. Imagine the handle of a bull whip moving in a deliberate but controlled manner. This motion sends the energy out to the tip which in turn moves at a high velocity. The energy produced from a strong core works in a similar fashion, helping an athlete run faster, jump higher, and kick, hit, and throw with more power.

Think of your core as the foundation of a skyscraper. The better the foundation, the taller and stronger your skyscraper can become. If the foundation is weak or built incorrectly, the skyscraper may tilt and ultimately cease to function as a stable structure. If the core is weak, the outlying joints can become damaged with movement. This could lead to poor athletic performance and potential injury.

A strong core can determine how far you throw a ball, how fast you can run and how long you can jump in the air. A weak core increases the chance that each of those activities will cause acute and overuse injuries. For parents concerned with keeping their kids healthy, a strong core is paramount.

David Weck, a fitness visionary and inventor of the famous BOSU® Balance Trainer, says the most important thing to remember about core strength is that the body operates as one unit, not in isolation. “The body’s core muscles are located in and around the hips, the spine, and the shoulders,” Weck says. “The core muscles include large powerful muscles we can see as well as smaller, deeper and more intricate muscles we can’t see. Whereas many bodybuilding exercise techniques focus on isolating muscles for cosmetic improvements, core training takes a more systemic approach. To create balance and stability in the body requires multiple muscle groups all working together with precision.”

For young athletes, various types of physical activity can help develop a strong core. The focus should be on quality of movement and control. Running, jumping, skipping, hopping, climbing, pushing, pulling, throwing, and kicking are all movements suitable for younger athletes to develop a strong core. Weck believes that reputable training programs should emphasize the development of movement skills along with strength training.

“Increased strength is good and very important, but coordination is the key for full expression of an athlete’s strength potential,” he proclaims.

Remember, there should be an element of fun associated with training and exercise for young children with less emphasis on competition. Young athletes respond to vestibular stimulation (balance challenges) and training/exercise should include lots of it. The BOSU® Balance Trainer is a fun and highly effective training tool for developing balance and core strength.

<http://www.youthfitnessmag.com/core-strength>

---

## **Core Strength Training for Kids**

Core muscle strengthening for children is very beneficial for their development. It improves the child’s overall endurance, strength, self-image, socialization and function, especially in school. Strengthening core musculature in children helps regulate their muscle tone and increase their trunk control, thereby improving their balance skills so they can negotiate obstacles safely. It also teaches them posture control, ultimately helping them focus properly in school and reducing their fidgeting tendencies.

Read more: <http://www.livestrong.com/article/174296-core-strength-training-for-kids/#ixzz1dPoeR6AB>