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Effects of Physical Training on Youth Athletes' Physical Performance, Health and Well-Being

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Message from the Guest Editors

In this Special Issue, we aim to provide a comprehensive understanding of the acute and longitudinal effects of various training interventions, such as resistance, plyometric, energy system, or multidirectional speed training, on the overall development of physical performance, health, and well-being in youth athletes. Each article will provide a unique perspective, employing experimental, observational, or longitudinal study designs, and consider quantitative assessments of athletic performance metrics, health markers, injury surrogate measures and/or a qualitative exploration of athletes' perceptual and psychological experiences. We also welcome applied reviews that provide examples of and recommendations regarding how to best enhance physical performance, mitigate injury risk, and improve health and well-being in youth athletes.

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Special Issue



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Message from the Editor-in-Chief

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