

# **Best Practice for Youth Sport: Science and Strategies for Positive Athlete Experiences**

Robin Vealey, Melissae Chase

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## Best Practice for Youth Sport: Science and Strategies for **Positive Athlete Experiences**

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Best Practice for Youth Sport tackles the increasing professionalization and specialization of youth sport and the changing culture of youth sport. The text explores developmentally appropriate practice and encourages athlete-centered practices that are truly beneficial for young athletes.



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