

DIFFERENCES IN TRAINING FOR GIRLS AND BOYS

During the early and middle childhood phase, training for boys and girls should consist of FMS, strength, speed, and agility exercises and games. During this phase, boys and girls are displaying similar rates of growth and maturation, hence the training for both is the same.

With the onset of puberty, (growth spurt) resistance training for females should include plyometrics, core strength development, and strength training. This kind of training should be part of the training program also during adolescence and adulthood. A well-designed resistance training program for females will strengthen bones and therefore minimize the risk of osteoporosis in adulthood as well as potential for non-contact anterior cruciate ligament injuries.

Towards the end of middle childhood and adolescents, the growth rate and maturation for girls and boys starts to diverge. To accommodate the differences and allow the best possible training adaptations, training structure, content and emphasis of trainings need to be considered.

