

Special Issue

Sport-Specific Testing and Training Methods in Youth

Message from the Guest Editors

The physiological and psychological needs of a young athlete are different from those of an older athlete who is already established in a specific sport. As the age of sports specialization and professional sports appears to be decreasing, more research is needed related to training and testing specific young athletes and specific disciplines. Exercise testing in the cohort of younger athletes is critical for safety, injury prevention, and to ensure long-term health. This awareness can guide coaches and trainers toward effective and balanced training strategies to promote performance, early talent identification, and long-term success. This Special Issue aims to provide a snapshot of the management of the young athlete through the adaptability and specificity of training, testing, and early specialization in the sports world. Contributions might illustrate the current testing and training strategies specific to improving young athletes' sports technique and sports conditioning. To progress in the knowledge of such complex issues, contributions by experts in the field in the form of research papers and critical reviews are called for.

Guest Editors

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Deadline for manuscript submissions

closed (26 September 2025)



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About the Journal

Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is an international, peer-reviewed open access advanced forum for publishing studies related to the interdisciplinary area of sport, exercise and health sciences. Studies focused solely on competitive performance outcomes (e.g., game statistics, records) without direct application to sports training programs will be considered out of scope.

Sports publishes reviews, regular research papers, and communications, as well as Special Issues on particular subjects.

Editor-in-Chief

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