

## 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.

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### Guest Editors

Dr. Alessandra Amato

Dr. Andrea Fusco

Prof. Dr. Cristina Cortis

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### Deadline for manuscript submissions

26 September 2025



## Sports

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## About the Journal

### Message from the Editor-in-Chief

*Sports* (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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### Editor-in-Chief

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JCR - Q1 (Sport Sciences) / CiteScore - Q2 (Physical Therapy, Sports Therapy and Rehabilitation)

#### Rapid Publication:

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