explosive

EXPLOSIVE · PARENT'S GUIDE

Speed training for young football players

Safe, done right — and how to support without pushing.

EXPLOSIVE COACH KIT · EXPLOSIVE.APP



Is speed training safe for kids?

Yes — done right it's among the safest things they can do. Speed is trained with short, maximal efforts and full rest, never with heavy weights or long, exhausting sessions. Here's what right looks like:

Small doses

10–15 minutes, twice a week. More is not better — quality is everything.

Full rest

At least one minute of rest per 10 metres sprinted. Tired legs learn to run slow.

No weights needed

Bodyweight, jumps and sprints are the whole toolbox before physical maturity.

Measuring makes it fun

Kids chase progress they can SEE. Explosive Start: baseline test on day 1, retest on day 30 — with video proof.

Technique over everything

Short cues (“toe up”, “explode out”) — never yelling, never pressure.

Support the effort, not the result

The most important thing to say after a session isn't “did you get faster?” but “I saw you give everything”. Kids praised for effort keep trying; kids measured by their parents quit when the curve flattens — and every curve flattens sometimes.

Celebrate PRs — briefly

Linked with your child's family code, you get the PR clip the same evening. Watch it together, enjoy it, move on.

Let the coach coach

One voice on technique. Your job is rides, food, sleep and enthusiasm.

Ask about the feeling, not the number

“How did it feel?” opens conversations. “What did you get?” closes them.

Plateaus are normal

Progress comes in bursts. The retest shows the long line.

Safety in the app

Below the digital age of consent in their country (13 in Norway and the US) the profile is always private and the athlete shows as initials with no photo on public boards. A parent or guardian confirms the account — by the email link or in their own app — before posting and comments unlock. A parent can buy Explosive Start for their child. No ads, no data selling.