

Strong, Confident, and Resilient: The Benefits of Weight Training for Young Female Athletes

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In the world of youth sports, strength training is finally receiving the recognition it deserves — not just as a tool for building muscle, but as a foundational pillar for physical development, injury prevention, and mental resilience. For young girls who play sports, the benefits of weight training are profound and wide-reaching.

Here's why strength training should be a core part of every young female athlete's development plan — both for performance on the field and confidence off of it.

1. Building Athletic Strength and Power

At its core, weight training improves muscular strength and power — key components in almost every sport. Whether it's sprinting down the soccer field, absorbing contact in rugby, or jumping for a rebound in basketball, girls who train with resistance become more explosive, agile, and durable.

Proper strength training helps develop:

- **Lower body power** for speed and quick direction changes
- **Core stability** for balance and body control
- **Upper body strength** for throwing, tackling, or fending off opponents

This translates to improved performance in virtually every sport, especially during the formative teenage years when neuromuscular development is accelerating.

2. Reducing Injury Risk

Young female athletes, particularly in sports like soccer, basketball, and volleyball, have a higher risk of certain injuries, such as ACL tears. Structured strength training helps address muscle imbalances, improve joint stability, and reinforce proper movement patterns.

Key injury-prevention benefits include:

- **Stronger hamstrings and glutes**, which protect the knees
- **Improved landing mechanics**, reducing stress on joints

- **Enhanced proprioception**, or body awareness, which lowers the risk of awkward landings or non-contact injuries

Injury prevention through strength training not only keeps athletes on the field but also builds a long-term foundation for safe participation in sport.

3. Supporting Healthy Physical Development

Contrary to outdated myths, weight training does **not stunt growth**. In fact, when supervised and programmed appropriately, it supports bone health, joint integrity, and muscle development — all critical during adolescence.

Other physiological benefits include:

- **Improved posture** and muscular coordination
- **Greater bone mineral density**, especially important for females as they mature
- **Boosted metabolism** and body composition

These are essential not only for athletic performance but also for lifelong health and resilience.

4. Building Mental Strength and Confidence

Weight training isn't just about physical transformation — it's about mental empowerment.

In a world where young girls often face body image pressures and self-doubt, strength training offers something powerful: **a sense of control and capability**. Progressing in the gym — lifting a heavier barbell, mastering a new movement — builds confidence that carries into sport, school, and social life.

Mental benefits include:

- **Increased self-esteem** from seeing progress and achieving goals
- **Stress relief** and better mood through endorphin release
- **Improved discipline, focus, and resilience**, transferable to both sport and life challenges

Weight training becomes a tool for teaching that strength is about what the body can do — not how it looks.

5. Promoting Lifelong Fitness Habits

Learning proper movement and training habits during youth sets the stage for lifelong physical activity. Girls who strength train during their athletic years are more likely to maintain healthy habits well into adulthood.

They leave sport with:

- A positive relationship with exercise
- Knowledge of how to train safely and effectively
- A lasting sense of strength and self-reliance

Final Thoughts: Strong Girls Become Strong Women

Incorporating strength training into a young female athlete's routine doesn't mean bodybuilding or high-intensity Olympic lifting. It means structured, age-appropriate, coach-led programs that focus on movement quality, progressive resistance, and athlete education.

At Evolved Sports Performance, we believe strength builds more than muscle — it builds belief. Young girls who lift weights grow into athletes who aren't just faster or stronger — they're more confident, more resilient, and more ready for whatever life throws at them.



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