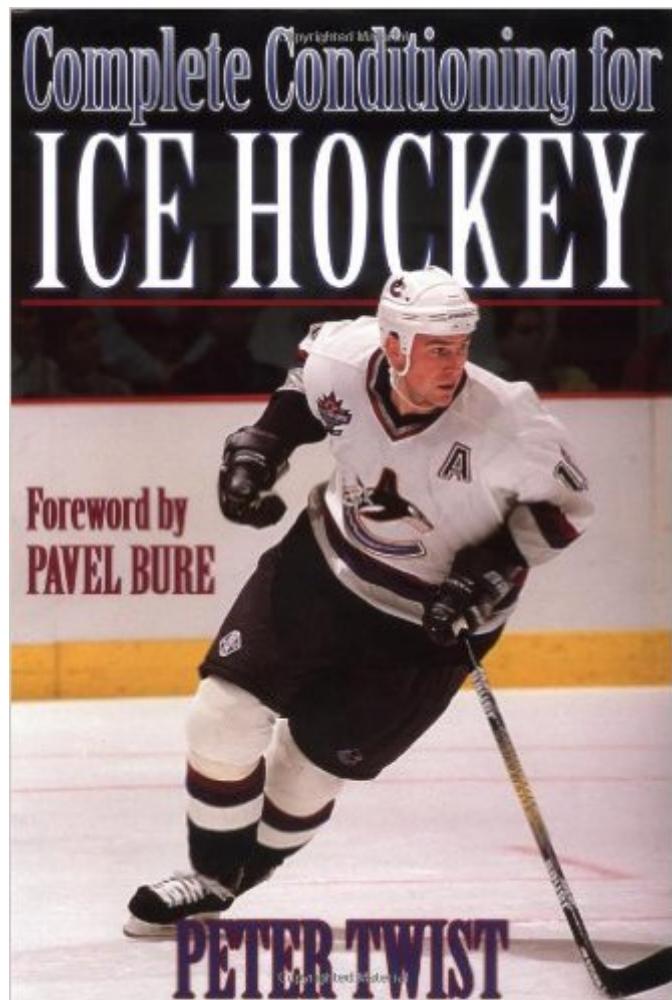


The book was found

Complete Conditioning For Ice Hockey



Synopsis

Presents 125 sport-specific exercises and drills to help players improve their strength, agility, and endurance. Photos demonstrating exercises feature NHL stars Trevor Linden, Mike Peca, Jyrki Lumme, and Geoff Courtnall. All-stars Wayne Gretzky, Steve Larmer, Doug Gilmour, and others discuss what hockey conditioning has meant to their success.

Book Information

Paperback: 256 pages

Publisher: Human Kinetics Publishers; 1 edition (January 1997)

Language: English

ISBN-10: 0873228871

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Product Dimensions: 9 x 6 x 0.7 inches

Shipping Weight: 14.1 ounces

Average Customer Review: 4.7 out of 5 starsÂ [See all reviewsÂ \(18 customer reviews\)](#)

Best Sellers Rank: #1,572,629 in Books (See Top 100 in Books) #65 inÂ Books > Sports & Outdoors > Coaching > Hockey #640 inÂ Books > Sports & Outdoors > Hockey #1240 inÂ Books > Medical Books > Medicine > Sports Medicine

Customer Reviews

I loved this book and found a lot of useful training information in it, it was very comprehensive. However, this book is geared toward a coach or a very serious player, I am a rec player who gets to play one hour a week with no practice time on the ice at all, and I am lucky to squeeze three hour workouts a week into my busy schedule. I don't have time for aerobic conditioning 2-3 times a week, lifting weights, doing speed drills, etc, etc, plus taking rest days, not to mention actually practicing skating and really playing hockey! I would love to quit my job and condition for hockey all day, but it isn't likely to happen. That said, I was able to use the information in the book to develop my own workout program within my time constraints, to get the most benefit from what time I do have.

I found this book to be very helpful by assisting me in developing a trianing program that would allow me to achieve my best as an athlete. This book breaks everything down so it is easier to figure out the types of drills an excercises you need to do to improve what it is you want. He shows you drills on how to improve your speed, balance, power, agility and endurance. I recommend this book to any hockey player who needs a little guidance towards getting in shape.

Peter Twist says it right in the beginning, there is nothing quite like hockey. That makes it really tough to get in shape to play. Even if you're already in great shape, your game could improve dramatically if you got into hockey shape. That is exactly what Twist tries to do. The book is organized in such a way that the later chapters build upon the previous chapters. He begins by talking about energy and how we burn fuels different ways when playing hockey. Then he goes into stretching and strength training. If you have ever spent any time around a gym, you'll already know how to perform these movements. The payoff for this book is the plyometric. These are techniques used to help improve your agility and explosive movements. Let's face it, the team that can consistently get to the puck first usually wins. These exercises will provide you with a quick jump giving you an extra step over your opponent and the puck. Twist writes simply, and his instructions are easy to follow. He uses photos generously when trying to explain complex movements. Both on-ice and off-ice exercises are provided so you don't have to be at the rink or have precious ice time to get into shape.

Peter Twist covers all aspects of conditioning to play hockey regardless of the level of play. He dedicates a significant amount of text to youth hockey players. This book is an essential read for youth hockey coaches, although it can be best applied to high school and above. Athletes that can adopt his methods, including nutritional guidance will have the edge.

An excellent coaches guide. Leading edge sport science material presented in easy to understand practical guidelines. Could relate to the examples and philosophies. Motivational. Ready to strive for my best and now I know how!

This book is fantastic. The book is very complete, from beginning to end on the training and conditioning aspect. Not only did it include the fitness portion, but also nutrition, which I was surprised to see. My only complaint is that each and every exercise should have photos. Most do, but not all of them. There are some exercises that are not 100% clear on the proper technique. Other than that it's great.

I had an idea of what I thought nutrition and being in shape was as a hockey player.....until I read this book. I bought this book looking to improve my game and that is exactly what has happened. Peter Twist takes his experience as a National Hockey League conditioning coach and gives us the

same advice that he gives the pros. I strongly recommend this book to coaches and all players serious about taking their game to a higher level

This is a cool book but it's pretty dated. There are much greater beneficial exercises today that will greater impact your performance in which aren't listed in this book due to its age. The sport has changed and fortunately there is better science now that help help better ascertain strength and skating along with endurance. The exercises in this book are your typical bench press, squat and curl routines in which are still great but limited. If you don't know how to workout, this is your book. But if you already informed how to workout, I'd look for other books that don't have what you already know. Otherwise, great coffee book

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