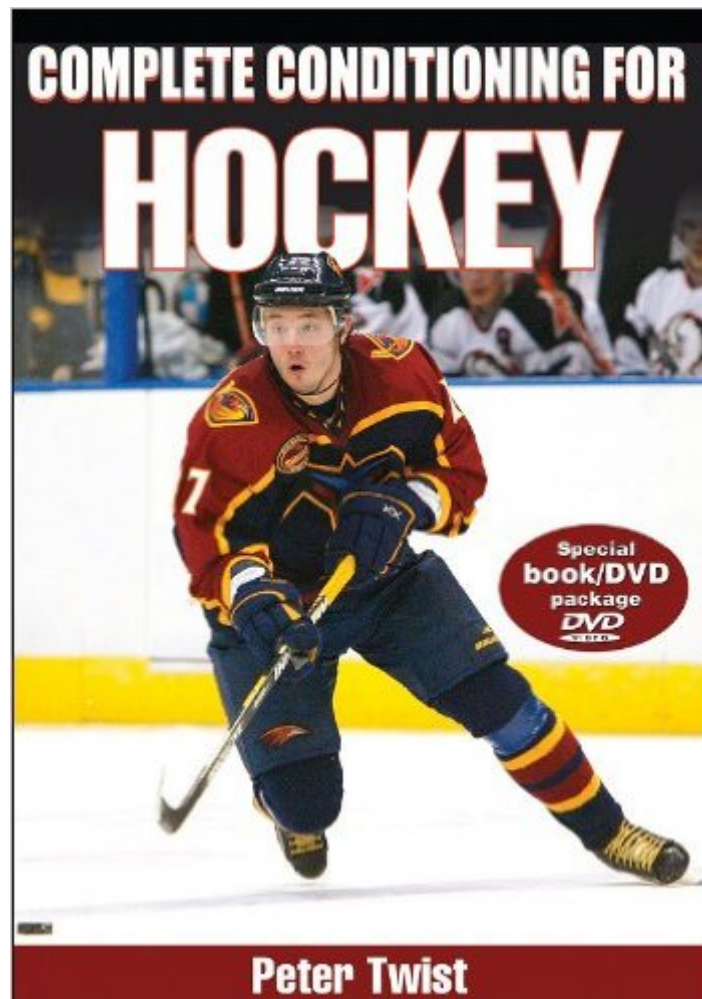


The book was found

Complete Conditioning For Hockey (Complete Conditioning For Sports Series)



Synopsis

Increase strength to carry the puck through traffic. Pack more power when checking an opponent. Improve quickness and agility and create angles for higher-percentage shots. Complete Conditioning for Hockey shows you how to achieve all of these performance goals and more! Hockey players are bigger, faster, and stronger than ever before. This special book and DVD package features a comprehensive training approach that will build players' physical abilities as well as the hockey-specific skills required for skating, puck handling, passing, shooting, and body checking. The book contains assessment tests for determining a player's fitness status along with specific programs designed to improve balance, quickness, agility, speed, and strength. The DVD puts the training into action, demonstrating key tests, exercises, and drills from the book. With specific guidelines for seasonal workouts, Complete Conditioning for Hockey provides a multidimensional training approach that will show you how to get the most from your time in the gym and on the ice. v

Book Information

Series: Complete Conditioning for Sports Series

Paperback: 232 pages

Publisher: Human Kinetics; Pap/DVD edition (January 8, 2007)

Language: English

ISBN-10: 0736060340

ISBN-13: 978-0736060349

Product Dimensions: 7 x 0.6 x 10 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (6 customer reviews)

Best Sellers Rank: #529,816 in Books (See Top 100 in Books) #23 in Â Books > Sports & Outdoors > Coaching > Hockey #191 in Â Books > Sports & Outdoors > Hockey #464 in Â Books > Sports & Outdoors > Winter Sports

Customer Reviews

This book explains the building blocks with a great information. It takes an indepth look at all of the components of hockey training. This books also goes through the phases of training, from off-season to mid-season; with a workout program for all different phases and the knowledge to create your own workouts.

My husband had the 1st version of this book and requested the new, revised edition. He was very happy with this book and liked that it included updated information and cd. He uses this for hockey conditioning when he is playing (he plays in a beer league) but also uses it for conditioning when he is cycling as well.

As a former semi-pro player this was my bible in my younger years and I just bought the updated version with DVD to get back into playing! This is a must have not only for hockey players, it has been key for me staying injury free in soccer and hiking as well!

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