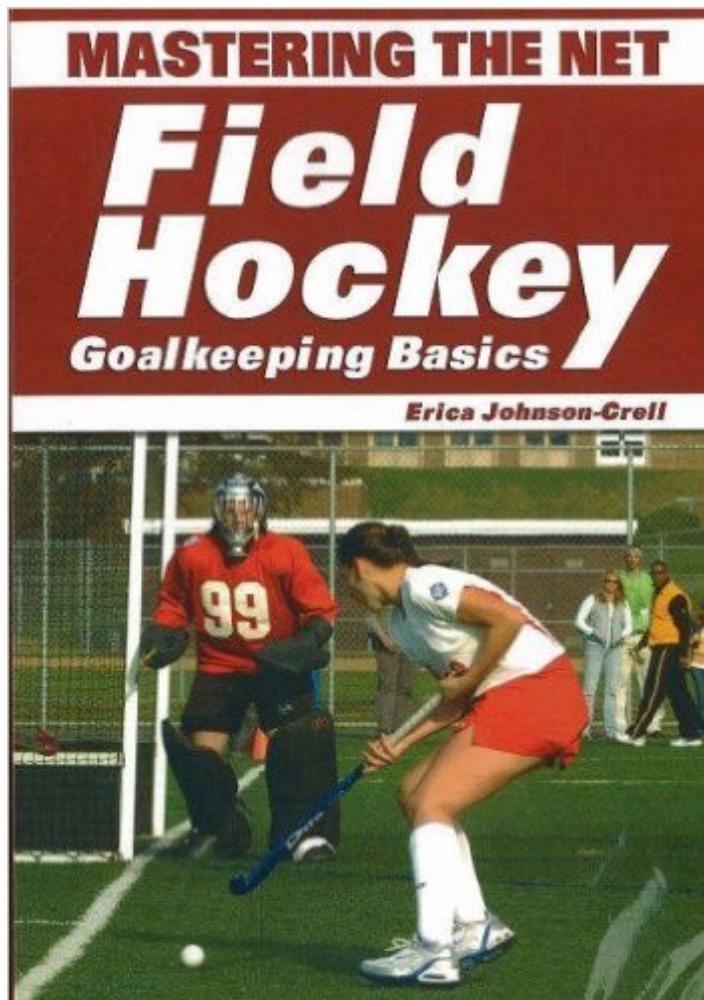


The book was found

# Mastering The Net: Field Hockey Goalkeeping Basics



## **Synopsis**

Describes the basic skills and concepts along with drills and situations for a field hockey goalkeeper. This book will help the beginner to intermediate goalkeeper succeed in the game and move to another level of play so that they can have proper technique and the confidence to execute those techniques in the game. "Mastering the Net" breaks down each basic skill with text and illustrations. It includes information about equipment, basic proper technique, and drills to enhance the skills that are described in the text. In addition, this book includes team drills and some advanced skills that can be taught and learned through practice and growth. It is suitable for players, parents and coaches.

## **Book Information**

Paperback: 128 pages

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Product Dimensions: 7 x 0.3 x 10 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ  See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #895,717 in Books (See Top 100 in Books) #39 inÂ Books > Sports & Outdoors > Coaching > Hockey #343 inÂ Books > Sports & Outdoors > Hockey #615 inÂ Books > Reference > Encyclopedias & Subject Guides > Sports

## **Customer Reviews**

A very useful book for new goalies and coaches who are not goalies. I was a goalie but find the book useful for helping my inexperienced goalies as well as suggesting drills and workouts for goalies. Too often goalies are neglected and even a coach with no goalie experience can create a template of drills and workouts for their goalies.

Great descriptions of the goalie's role. Lots of drills for conditioning and goalkeeping, many that include the whole team.

gave to my new high schooler who is looking to get into a new sport. She'd make a great goalie, we'll see.

:)

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