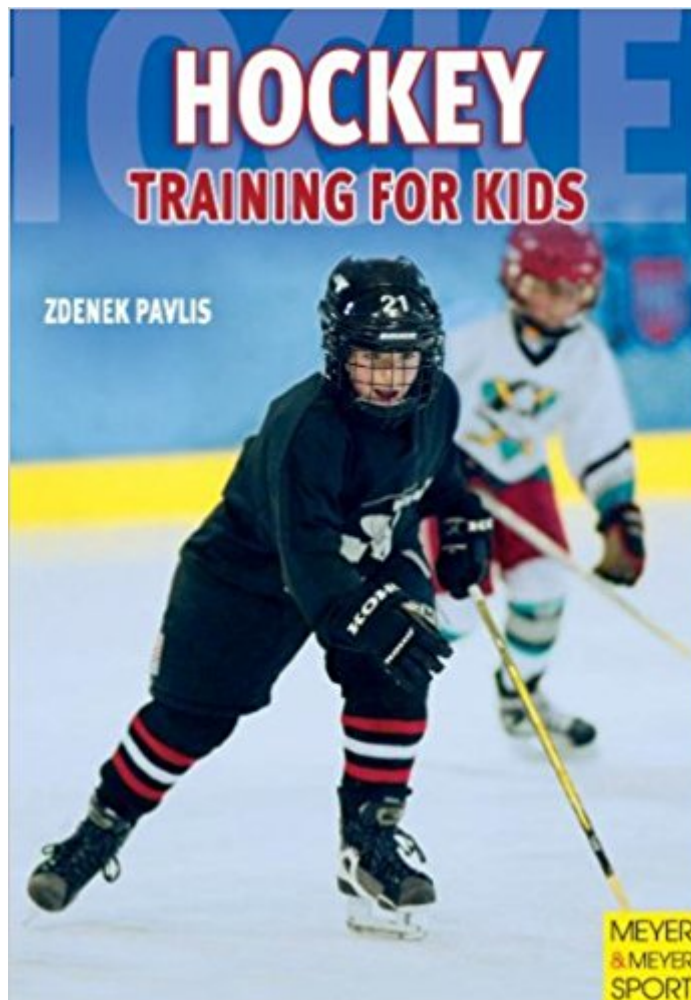




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Hockey Training For Kids



Synopsis

This is a comprehensive guide to hockey training for children. It uses fully tested and proven exercises that help children to improve not only their skills, but also their strength, stamina, concentration, and game intelligence. "Hockey - Training for Kids" provides advice for coaches and trainers on building up practical and effective training sessions, developing individual and group skills, as well as comprehensive coverage of attack methods and defensive play. With the inclusion of several complete training sessions and the 250 colour illustrations of the exercises, this is a must have book for anyone involved in kids ice hockey.

Book Information

Paperback: 272 pages

Publisher: Meyer & Meyer Sport; 1 edition (October 1, 2006)

Language: English

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Product Dimensions: 9.5 x 6.5 x 0.7 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,207,966 in Books (See Top 100 in Books) #47 in Books > Sports &

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Customer Reviews

Zdenek Pavlis has been a professional hockey coach in Italy, Austria, and the Czech Ice Hockey leagues for more than twenty years.

I gave this to my 12 year old nephew. He said it even helped his Coach. He is Very happy with it and is using it daily. He loves the sport.

Very good!!!

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