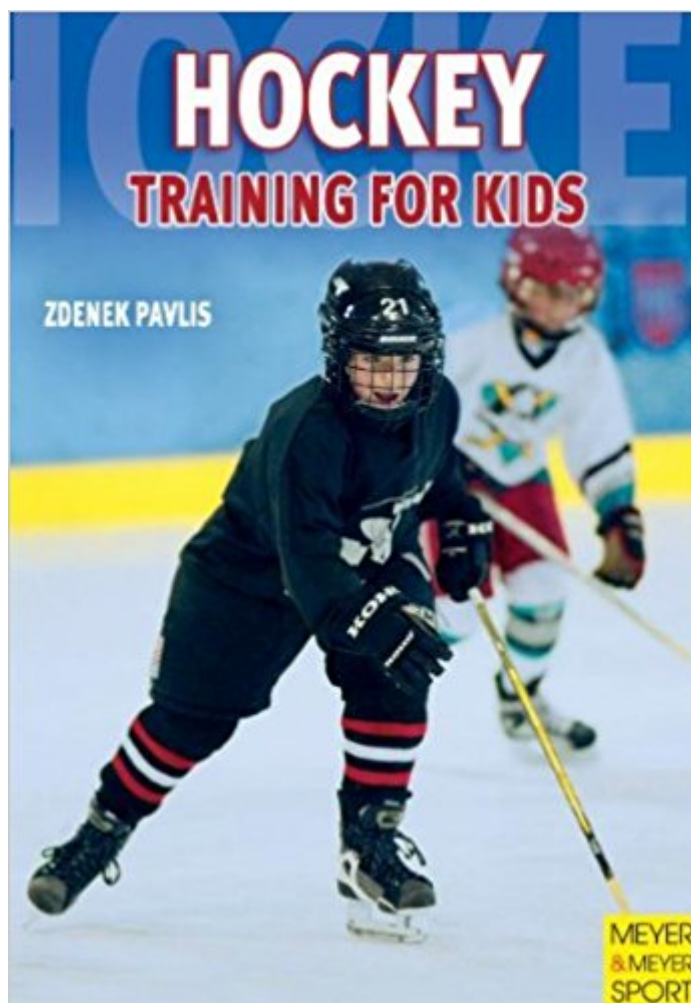


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# Hockey Training For Kids



## 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 &

Outdoors > Coaching > Hockey #405 in Books > Sports & Outdoors > Hockey #929 in Books > Sports & Outdoors > Winter Sports

## 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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Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for

hockey players. Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Ultimate Guide to Weight Training for Hockey (Ultimate Guide to Weight Training: Hockey) Hockey: Hockey Made Easy: Beginner and Expert Strategies for Becoming a Better Hockey Player Spalding's Athletic Library - The Games of Lawn Hockey, Tether Ball, Golf-Croquet, Hand Tennis, Volley Ball, Hand Polo, Wicket Polo, Laws of Badminton, Drawing Room Hockey, Garden Hockey Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness( Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Dog Crate Training: 8 Tips to Help Your Best Friend Adjust (Dog Training, dog crate training problems, dog separation anxiety, dog potty training Book 1) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Dog Training -Train Your Dog like a Pro:The Ultimate Step by Step Guide on How to Train a Dog in obedience( Puppy Training, Pet

training book) (Dog Taining, ... training books,How to train a dog, Book 2) The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, ... ... Guide to Weight Training for Sports, 25)

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