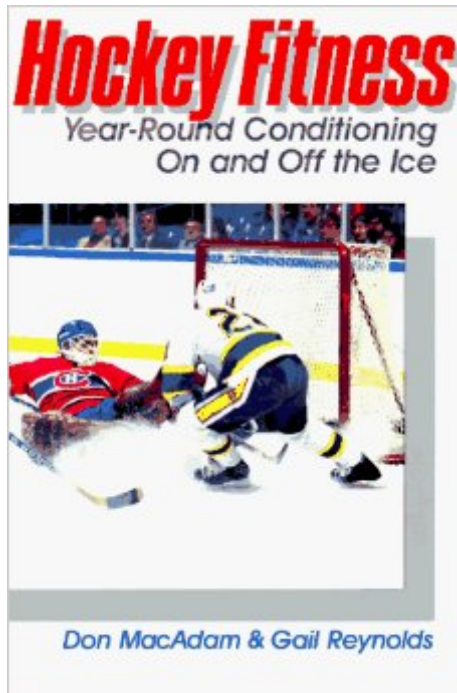


The book was found

Hockey Fitness: Year-Round Conditioning On And Off The Ice



Synopsis

Train with the same ice hockey conditioning programme used by the pros. Authors MacAdam and Reynolds have combined over 25 years of experience in conditioning, coaching, and training to develop the principles found in Hockey Fitness. The Detroit Red Wings as well as many other professional, youth, amateur, and scholastic-level players have all benefited from their expertise. With Hockey Fitness, coaches will learn how to determine their players' physical condition, conduct fitness tests, set season objectives, and design a 12-month conditioning programme.

Book Information

Paperback: 133 pages

Publisher: Human Kinetics Publishers (June 1990)

Language: English

ISBN-10: 0880113146

ISBN-13: 978-0880113144

Product Dimensions: 9 x 6 x 0.4 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 3.0 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #991,131 in Books (See Top 100 in Books) #46 inÂ Books > Sports & Outdoors > Coaching > Hockey #385 inÂ Books > Sports & Outdoors > Hockey #927 inÂ Books > Sports & Outdoors > Winter Sports

Customer Reviews

as a former college hockey player i found this book essential to staying in 'hockey' shape during the off-season. I used this book in conjunction with another book called, "Jumping into Plyometrics" by Dr. Donald Chu, to develop a good offseason workout. Hockey fitness had general on ice/off ice drills for hockey season and off season. I recommended this book to players and coaches of all ages (adults included) who want to improve thier level of play.

It was not what I wanted.

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Hockey Fitness: Year-Round Conditioning on and Off the Ice Conditioning for Figure Skating: Off-Ice Techniques for On-Ice Performance Complete Conditioning for Hockey (Complete Conditioning for Sports Series) Complete Conditioning for Ice Hockey The games of drawing room

hockey, tether ball, hand tennis, garden hockey, volley ball, basket goal, lawn hockey, wicket polo, hand polo, golf croquet, clock golf, laws of badminton No-Churn Ice Cream: 50 Delicious Ice Cream Recipes WITHOUT ICE CREAM MAKER (Recipe Top 50's Book 25) Ice Ice Babies: Ice Planet Barbarians: A Slice of Life Short Story Fat Flush for Life: The Year-Round Super Detox Plan to Boost Your Metabolism and Keep the Weight Off Permanently Living Off The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining Lifestyle (Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Round walled graveyards and churches in Iceland, Greenland and possibly in Rhode Island.: Were there Round walled graveyards and churches in Rhode Island like in Iceland and Greenland. Complete Conditioning for Swimming (Complete Conditioning for Sports Series) Complete Conditioning for Soccer, Enhanced Edition (Complete Conditioning for Sports) Complete Conditioning for Volleyball (Complete Conditioning for Sports Series) Conditioning For Racquet Sports: Tennis, Racquetball, Handball, Squash, Platform Tennis, Jai Alai (Dr. Fred Hatfield's Sport Specific Conditioning Series) The Provenance Press Guide to the Wiccan Year: A Year Round Guide to Spells, Rituals, and Holiday Celebrations The Year-Round Vegetable Gardener: How to Grow Your Own Food 365 Days a Year, No Matter Where You Live Hockey Confidence: Train Your Brain to Win in Hockey and in Life Beckett 2015 Hockey Price Guide 24th Edition (Beckett Hockey Card Price Guide) Roman: A Cold Fury Hockey Novel (Carolina Cold Fury Hockey)

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