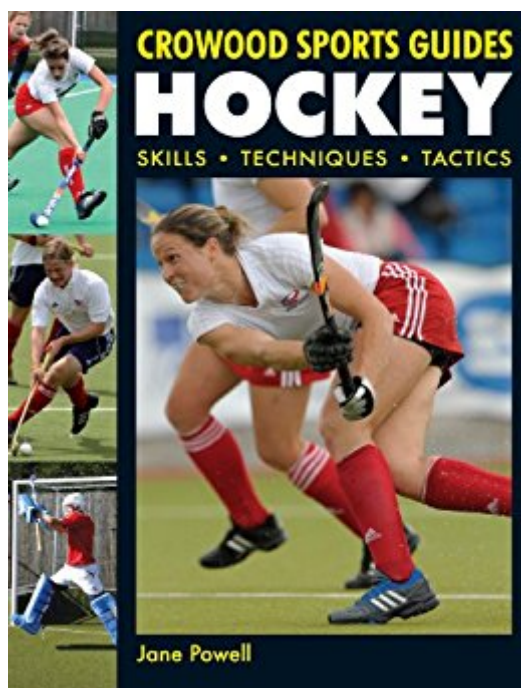


The book was found

Hockey: Skills. Techniques. Tactics (Crowood Sports Guides)



Synopsis

Crowood Sports Guides provide sound, practical advice that will make you a better player, whether you are learning the basic skills, discovering more advanced techniques or reviewing the fundamentals of your sport. Features in this book are: Information boxes containing Top Tips and Key Points for the coach and player; Sequence photographs and detailed diagrams in colour; An introduction to the history and rules of the game, and equipment; A thorough examination of the core skills of hockey (ball carrying, passing, shooting and defending skills); Tactical analysis of the attacking and defending principles of playing the game; Valuable advice on techniques, coaching, nutrition and the competitive structure within the sport. Aimed at those who play hockey at any level and age as well as their coaches. Gives sound practical advice and examines the core skills of hockey. Covers tactical analysis of the attacking and defending principles. Superbly illustrated with 130 sequence photographs and detailed diagrams in colour. Jane Powell is the Performance Coaching Manager of England Hockey. Another title in the highly successful Crowood Sports Guides series.

Book Information

File Size: 86262 KB

Print Length: 116 pages

Publisher: Crowood (December 21, 2012)

Publication Date: December 21, 2012

Sold by:Â Digital Services LLC

Language: English

ISBN-10: 1847975003

ISBN-13: 978-1847975003

ASIN: B00AZ1814G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,462,214 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #117

inÂ Books > Sports & Outdoors > Coaching > Hockey #259 inÂ Kindle Store > Kindle eBooks >

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