



## Complete Conditioning for Hockey

By Peter Twist

Human Kinetics Publishers. Paperback. Book Condition: New. Paperback. 232 pages. Dimensions: 9.9in. x 6.9in. x 0.6in. Increase strength to carry the puck through traffic. Pack more power when checking an opponent. Improve quickness and agility and create angles for higher-percentage shots. Complete Conditioning for Hockey shows you how to achieve all of these performance goals and more! Hockey players are bigger, faster, and stronger than ever before. This special book and DVD package features a comprehensive training approach that will build players physical abilities as well as the hockey-specific skills required for skating, puck handling, passing, shooting, and body checking. The book contains assessment tests for determining a players fitness status along with specific programs designed to improve balance, quickness, agility, speed, and strength. The DVD puts the training into action, demonstrating key tests, exercises, and drills from the book. With specific guidelines for seasonal workouts, Complete Conditioning for Hockey provides a multidimensional training approach that will show you how to get the most from your time in the gym and on the ice. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



**READ ONLINE**  
[ 7.32 MB ]

### Reviews

*A must buy book if you need to adding benefit. It can be rally fascinating throgh studying period of time. I am just happy to explain how this is the very best ebook i actually have read within my individual existence and could be he finest book for ever.*

-- **Cydney Hand**

*Excellent e-book and useful one. It can be rally intriguing throgh looking at time period. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Pasquale Klocko**