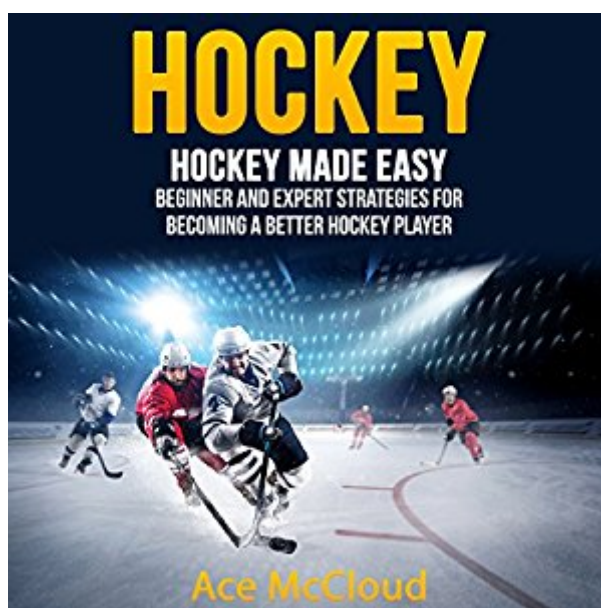


The book was found

Hockey: Hockey Made Easy: Beginner And Expert Strategies For Becoming A Better Hockey Player



Synopsis

Caution: This Hockey Book Is So Effective That It Can Give You A Massive Advantage Over Your Competition! Whether you want to (1) play stronger and more skilled hockey, (2) be a star team member, or (3) discover the best strategies the professionals use to dominate, this audio book will teach you everything you need to know. Learn to love the game. Hockey is an incredibly fun and exciting sport. It makes for a great physical workout. Like most sports, mastering hockey skills takes time and practice, but the right techniques and strategies, you can easily transform you into a hardcore, unstoppable player, no matter what position you play. Maximize your time on the ice. Learning how to play hockey is easy and fun. With the right amount of grit and determination, you may even become a professional player with all its glory and riches. The key is to find the right combination of training and skill drills to build your strength, mental endurance, and reflexes. This audio book covers an incredible variety of strategies that can easily help you reach your "goals" and help your team win more often! Learn the game inside and out. Gain insider knowledge of hockey play and rules that will give you the competitive advantage! Skate circles around the competition. Discover how to hone mind and body into a fearsome weapon that can help lead your team to victory after victory! Follow proven strategies - offered with step-by-step instructions - to train and play to win. Start enjoying the sounds of the cheering crowd! Get in the zone and start dominating on the ice: Buy It Now!

Book Information

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Customer Reviews

I was asked to read this book and see if it was suitable for teen hockey players and I think it is a

good book even for younger players. It discusses the equipment needed, exercises and workouts that work well to develop muscles a hockey player needs to have in top shape and stretches that keep everything limber in order to avoid injury during practice or a game. It also goes into good nutrition for a hockey player. I was afraid the chapter on mental techniques and toughness training may be a bit much for an adolescent, but it had great suggestions that will help the members of the team better players. Every chapter had valuable information for the hockey player. The chapter on equipment was great going into every piece of equipment and I especially appreciated the part about fitting skates, which is very important. I found the proper stretching techniques done before a game to be very informative having over 16 warm ups and even more that gets the entire body from top to bottom ready for a game and able to withstand the pressure of playing. The chapter on being a better player will benefit anyone that plays the game. It goes all the way from improving skills, to strength, tips on defense and how to analyze plays properly. Defensive and offensive tips are especially helpful. The top 5 hockey workouts include endurance, speed, skating, goalie and stickhandling and there are exercises for each one. The diet and nutrition section discusses carbs, proteins, fats and hydration. Some great suggestions for mental preparation are developing self-confidence, focus, composure, playing loose and calming anxiety. It also gives you suggestion for a pre-game ritual. The whole book is something any hockey player should read.

I agree that this Hockey book can be a very effective book and will be able to teach a lot. The book is comprehensive enough and was able to discuss a lot of important information and details about this well-loved sports. And the book is also correct when it said that Hockey can also be a great workout routine for health buffs. And what is worth noting about this book is that it has generously given some tries and test techniques and strategies that will surely help in winning a game more often. Every topic discussed is also something that helps build up total comprehension and appreciation. Like the topic on "The Best Mental Strategies That Will Have You Ready To Compete." Overall, this book is a great catch for those wanting to make it good and actually be a winner in this game called Hockey.

easy explanation, pictures, rules..and helps to explain what and how you play hockey and what goes on at the games

If you need to explore the history, rules, customs and stories of the world's greatest game which is hockey, you better get a copy of this one. And if you're playing hockey, or just want

to understand the game, you need to know your way around the rink, how to shoot and pass the puck, what makes up a hockey penalty, the positions on a hockey team, and tips for getting prepared to hit the ice, this is a complete guide that will tell you everything. Definitely worth a grabbing!

Hockey is a fun and a competitive sport that I enjoy playing. There are several variants of hockey including roller hockey, field hockey and ice hockey which is the popular variant. Hockey aside from been a fun sport often provides many health and personal development benefits to its players. It's great for improving coordination, agility, flexibility, physical strength and reflexes. The best part of the book is that it contains proven steps and strategies on how to become a better hockey player; who doesn't want that? I have discovered how to select the best gear and equipment for optimal performance as well as how to properly stretch and warm up before a practice. Everything I needed to learn about hockey, I did find in this book which is also very simple and easy to understand. I look forward to going in the field and becoming a great player. All those who love hockey or would want to learn about hockey, this is the book for you. I highly recommend. Kudos Ace!

Hockey Made Easy is a nice, thorough and informative book that can benefit hockey players of any age level although I think this book would be best suited toward players of a younger age group. It's a relatively short read which may be appealing for those in a younger age group but don't be fooled by it's medium-sized length - it's actually packed with a ton of information. I found that the part of the book that discussed goal-setting was the best part. Not only does it apply to hockey players but it can benefit those who play any sport or who don't play any sport at all. It's definitely worth a read!

I'm the new coach for my son's hockey team and I learned a lot from reading this book, the tips within it was exactly what I was searching for. I found the book well written and very useful. I also like the author's way of explaining things so everyone can understand. Great job!

Hockey is a sport that requires lots of agility, stamina, and hard work to master. It's hard to find a guide that includes step by step instructions and covers every part of the training. McCloud shows that becoming a great hockey player has many variables from a good training routine to being able to work together in a team. In addition, he covers important habits like diet and exercise that nurture our bodies, improving our overall game. This is a must read!

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