Mastering The Net: Field Hockey Goalkeeping Basics
Synopsis

Describes the basic skills and concepts along with drills and situations for a field hockey goalkeeper. This book will help the beginner to intermediate goalkeeper succeed in the game and move to another level of play so that they can have proper technique and the confidence to execute those techniques in the game. "Mastering the Net" breaks down each basic skill with text and illustrations. It includes information about equipment, basic proper technique, and drills to enhance the skills that are described in the text. In addition, this book includes team drills and some advanced skills that can be taught and learned through practice and growth. It is suitable for players, parents and coaches.

Book Information

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Average Customer Review: 4.5 out of 5 stars Â· See all reviews (4 customer reviews)
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Customer Reviews

A very useful book for new goalies and coaches who are not goalies. I was a goalie but find the book useful for helping my inexperienced goalies as well as suggesting drills and workouts for goalies. Too often goalies are neglected and even a coach with no goalie experience can create a template of drills and workouts for their goalies.

Great descriptions of the goalie’s role. Lots of drills for conditioning and goalkeeping, many that include the whole team.

gave to my new high schooler who is looking to get into a new sport. She’d make a great goalie, we’ll see.
Mastering the Net: Field Hockey Goalkeeping Basics

ASP.NET: Programming success in a day: Beginners guide to fast, easy and efficient learning of ASP.NET programming (ASP.NET, ASP.NET Programming, ASP.NET ... ADA, Web Programming, Programming)

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

Pro ASP.NET Web API Security: Securing ASP.NET Web API (Expert's Voice in .NET)

Mastering Adoption Law and Policy (Mastering Series) (Carolina Academic Press Mastering)


Roman: A Cold Fury Hockey Novel (Carolina Cold Fury Hockey)

Max: A Cold Fury Hockey Novel (Carolina Cold Fury Hockey)


Hockey Abstract Presents... Stat Shot: The Ultimate Guide to Hockey Analytics

Hockey Confidence: Train Your Brain to Win in Hockey and in Life


Ultimate Guide to Weight Training for Hockey (Ultimate Guide to Weight Training: Hockey)

Hockey Coaching: The ABCs of International Hockey

Tor and The Dark Net: Remain Anonymous Online and Evade NSA Spying (Tor, Dark Net, Anonymous Online, NSA Spying)


ASP.NET: Programming Success in a Day: Beginners Guide to Fast, Easy and Efficient Learning of ASP.NET Programming

Beginning Web Development, Silverlight, and ASP.NET AJAX: From Novice to Professional (Expert's Voice in .NET)

Programming ASP.NET AJAX: Build rich, Web 2.0-style UI with ASP.NET AJAX

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