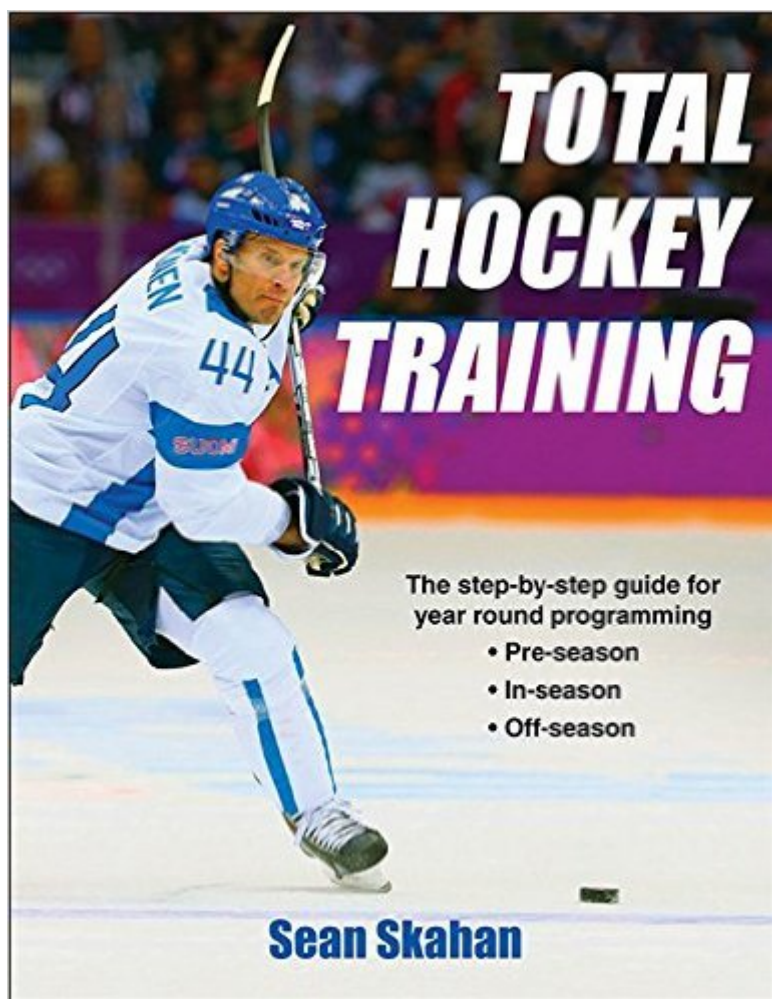


The book was found

Total Hockey Training



Synopsis

Achieve the best physical condition year-round with Total Hockey Training and be ready to dominate on the ice. In Total Hockey Training, Boston University strength and conditioning coach Sean Skahan brings you the exercises and drills that have been used in conditioning some of the greatest players in the world. Whether you're just entering the off-season or chasing playoff contention, this resource has you covered with season-specific programming that will help you take your game to new heights. With ready-to-use programs for all player positions and various levels of play, you have everything you'll need to train year-round. As you progress, you'll have access to personal assessment programs that will help you determine your strengths and weaknesses so that you can modify programs to fit your individual needs. Physical conditioning for hockey is a year-round requirement if you want to outperform your competition. With Total Hockey Training, you have the tools you need to elevate your game and perform at your peak. v

Book Information

Paperback: 304 pages

Publisher: Human Kinetics; 1 edition (February 17, 2016)

Language: English

ISBN-10: 1492507091

ISBN-13: 978-1492507093

Product Dimensions: 8.4 x 0.8 x 10.9 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars See all reviews (7 customer reviews)

Best Sellers Rank: #265,436 in Books (See Top 100 in Books) #13 in Books > Sports & Outdoors > Coaching > Hockey #91 in Books > Sports & Outdoors > Hockey #212 in Books > Sports & Outdoors > Winter Sports

Customer Reviews

I have a different perspective than most of the reviewers. I'm a personal trainer and coach with over 5 years of experience. (I'm also a Boston University grad:)). I've worked with a handful of athletes over the years, but never trained a professional hockey player. So when the opportunity came to me, I needed to be 100% ready. Sean's Total Hockey Training book helped me create the perfect training framework for my client. What makes Sean's book different than the other hockey training conditioning books on the market is that it is INTUITIVE. The chapters are organized in a way where it takes you step by step through the entire training process. The first few chapters describe the

preseason preparation needed for the High School Player all the way to the Elite Professional. You'll learn the foundations behind assessing a player's strengths, tracking their progress, and making the appropriate decisions on exercise selection. The assessment methods that Sean uses are the same tried and true tests high level college and professional programs use to assess their athletes. The next seven chapters cover position specific training (Forwards, Defensemen, etc) and every athletic variable that is important to the game of hockey. Core, Strength and Power, Acceleration and Speed, and a handful of other key variables are given their own chapter. You'll see hundreds of exercises, mobility drills, and movements perfectly demonstrated with easy to read (and see) instructions and pictures. Invaluable! There was no fluff science, or unnecessary exercises or drills. Everything included in the chapters is everything you need. No more. No less. The final chapters are probably the most valuable chapters in the book in my opinion.

[Download to continue reading...](#)

Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Ultimate Guide to Weight Training for Hockey (Ultimate Guide to Weight Training: 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 Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Total Hockey Training PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog's

Physical and Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As Short As 3 Days (potty training, toddlers, toddler, toilet training) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) 52-Week Hockey Training (52-Week Sport Training Series) The Ultimate Guide to Weight Training for Field Hockey (The Ultimate Guide to Weight Training for Sports, 11) Beckett 2015 Hockey Price Guide 24th Edition (Beckett Hockey Card Price Guide) Roman: A Cold Fury Hockey Novel (Carolina Cold Fury Hockey) Max: A Cold Fury Hockey Novel (Carolina Cold Fury Hockey)

[Dmca](#)