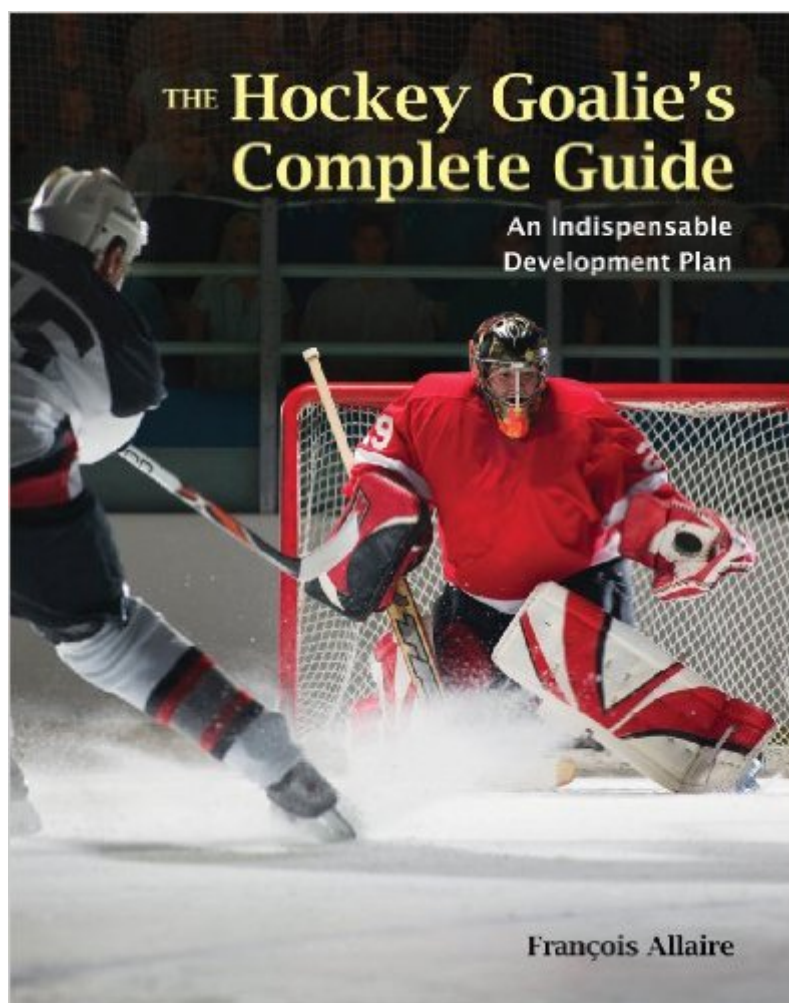


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The Hockey Goalie's Complete Guide: An Indispensable Development Plan



Synopsis

An essential training manual for hockey goalkeepers. The Hockey Goalie's Complete Guide offers practical advice and information for goalkeepers and their coaches and trainers. Anyone interested in hockey goalkeeping will enjoy reading about NHL trainer FranÃ§ois Allaire and his four-year development plan that includes: Basic techniques Skating techniques On-ice and off-ice training methods How to evaluate goalkeepers on and off the ice The trainer's role. Step-by-step instructions and clear illustrations show how to execute each recommended technique, movement and exercise, and detailed color photographs complement the expert counsel. Each chapter has an at-a-glance summary and a chart that outlines all the techniques and exercises featured. This authoritative and practical guide also includes forms that allow players, coaches and trainers to record and refer to a goalkeeper's progress and performance during games. These tracking forms are important for annual evaluations and for planning revisions to ongoing training programs.

Book Information

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Best Sellers Rank: #252,470 in Books (See Top 100 in Books) #11 in Books > Sports & Outdoors > Coaching > Hockey #86 in Books > Sports & Outdoors > Hockey #196 in Books > Sports & Outdoors > Winter Sports

Customer Reviews

This book is very detailed. Very accurate, and can teach you to how be a goalie, even if you've never seen ice before. (If you practice hard) Contains many moves and stance drills. Made to specially target the specific move. Contains much info on off-ice training. I like this book very much.

This book was useful to me as a new goalie. I had played hockey for years, but decided to try being a goalie and found that this book useful for learning goalie positioning inside the net area as well as for goalie stances/techniques.

Our two sons just love this book. They have read and read it many times. They play in over 50 hockey leagues so they keep sharp when they play. Thanks, nanacooks@frontiernet.net

If you are new to goaltender coaching you should find this book helpful. It has a full practice and training methodology and plan. It also is full color and has helpful photos and illustrations. Allaire is a man with a great reputation and I think this book can serve coaches well. You will need other supplementation, especially if you coach above the peewee level, so 4 stars because contrary to the title, this is not "complete".

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