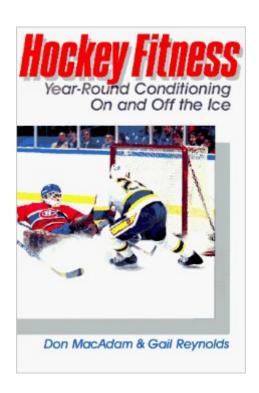
The book was found

Hockey Fitness: Year-Round Conditioning On And Off The Ice





Synopsis

Train with the same ice hockey conditioning programme used by the pros. Authors MacAdam and Reynolds have combined over 25 years of experience in conditioning, coaching, and training to develop the principles found in Hockey Fitness. The Detroit Red Wings as well as many other professional, youth, amateur, and scholastic-level players have all benefited from their expertise. With Hockey Fitness, coaches will learn how to determine their players' physical condition, conduct fitness tests, set season objectives, and design a 12-month conditioning programme.

Book Information

Paperback: 133 pages

Publisher: Human Kinetics Publishers (June 1990)

Language: English

ISBN-10: 0880113146

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Product Dimensions: 9 x 6 x 0.4 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 3.0 out of 5 stars Â See all reviews (2 customer reviews)

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Outdoors > Winter Sports

Customer Reviews

as a former college hockey player i found this book essential to staying in 'hockey' shape during the off-season. I used this book in conjucntion with another book called, "Jumping into Plyometrics" by Dr. Donald Chu, to develop a good offseason workout. Hockey fitness had general on ice/off ice drills for hockey season and off season. I recommended this book to players and coaches of all ages (adults included) who want to improve thier level of play.

It was not what I wanted.

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