

How Hockey Works



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Have you ever thought about the game of hockey... scientifically? How Hockey Works, by Keltie Thomas, holds a bevy of fascinating scientific and behind-the-scenes facts about our favorite winter sport. Not just for hockey fans and players, How Hockey Works will also surprise non-enthusiasts with stunning statistics, fascinating facts and awesome anecdotes. Kids, coaches and hockey parents will all love the practice tips as well as the stories and photos of legendary players. Learn all about the history and lore of the game of hockey, the development of equipment and safety practices, everything you ever wanted to know about ice, as well as stories from men's and women's leagues. From the physics of speedy, powerful skating to the all-important science of explosive moves (the slapshot and body check) to the science of sports medicine, this book has everything to increase enjoyment at every level. That includes tips on scoring goals

Special Features: - Legends of the Game: stories from hockey's history including how some rules came to be (like why rubber rodents were banned from the ice) - Quick Shots -- quick facts about the game - Timelines, with archival photos showing the progression of hockey equipment over time -- you'll be amazed at the technology we've developed - Hockey Card sidebars, featuring players from the NHL, Women's pro hockey and others - Quick Answers to Speedy Questions - tips to improve your game, from exercises you can do, to understanding plays to finding the right gear - a Glossary

jam-packed with all the terms and information to make any reader an expert at the basics of the game - fully updated with information from the 2002 Winter Olympics.

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