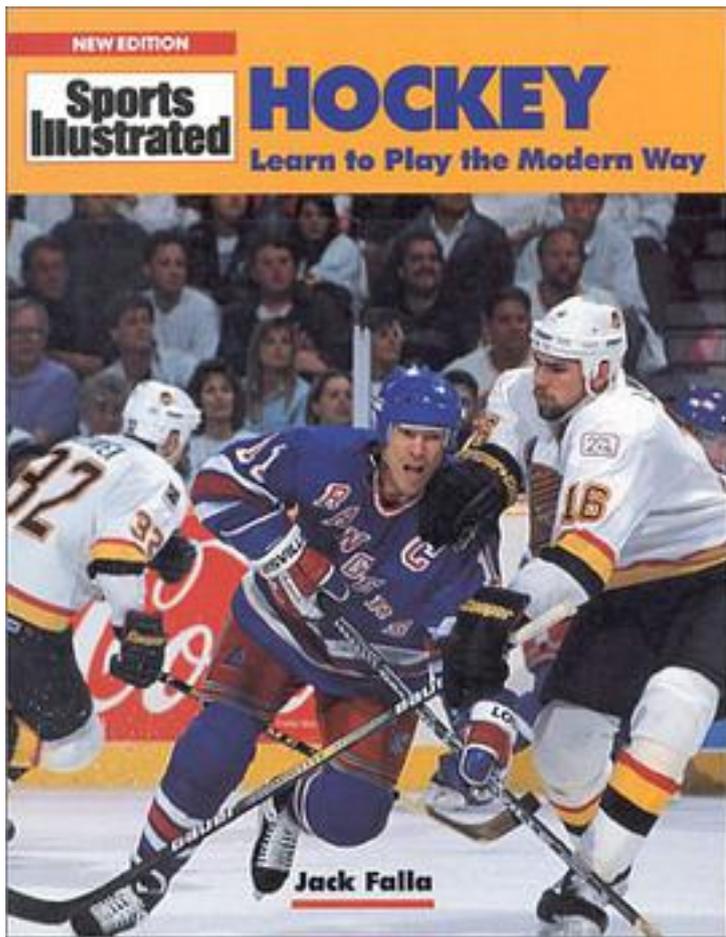


Hockey



[Hockey_下载链接1](#)

著者:Pavlis, Zdenek

出版者:Perseus Distribution Services

出版时间:2006-10

装帧:Pap

isbn:9781841261942

This is a comprehensive guide to hockey training for children. It uses fully tested and proven exercises that help children to improve not only their skills, but also their strength, stamina, concentration, and game intelligence. "Hockey - Training for Kids"

provides advice for coaches and trainers on building up practical and effective training sessions, developing individual and group skills, as well as comprehensive coverage of attack methods and defensive play. With the inclusion of several complete training sessions and the 250 colour illustrations of the exercises, this is a must have book for anyone involved in kids ice hockey.

作者介绍:

目录:

[Hockey_下载链接1](#)

标签

评论

[Hockey_下载链接1](#)

书评

[Hockey_下载链接1](#)