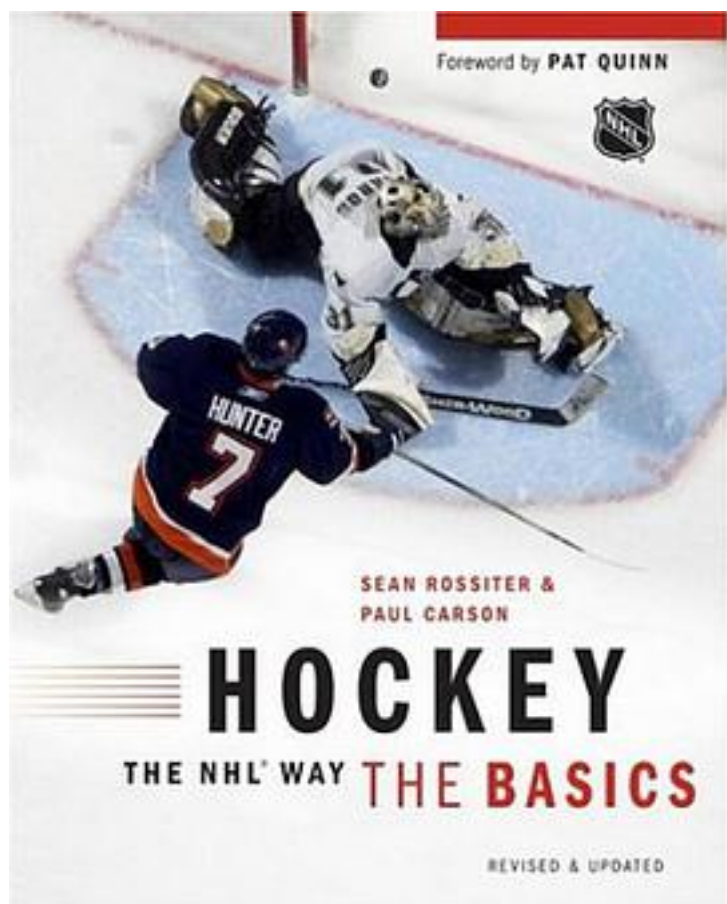


# Hockey the NHL Way



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First released in 1996, Hockey the NHL: The Basics quickly became an international standard for players of all ages and at any position who wanted to get into the game and sharpen their hockey skills. This new edition lays the groundwork for a successful game and helps players improve fitness, prevent injuries, and make hockey a part of an

active lifestyle. With easy-to-follow instructions and step-by-step photos of players in action, the book shows young athletes how to play the complete game, from building a strong body core and improving skating techniques to cultivating explosive offensive skills and establishing solid goaltending and defense. Loaded with full-color action shots of hockey greats like Jarome Iginla and Sidney Crosby and packed with tips from NHL stars, this resource gives young players a competitive edge and gets them started off on the right foot. The National Hockey League is directing all of its earnings from sales of this book to the Pacific Parkinsons Research Institute.

作者介绍:

目录:

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