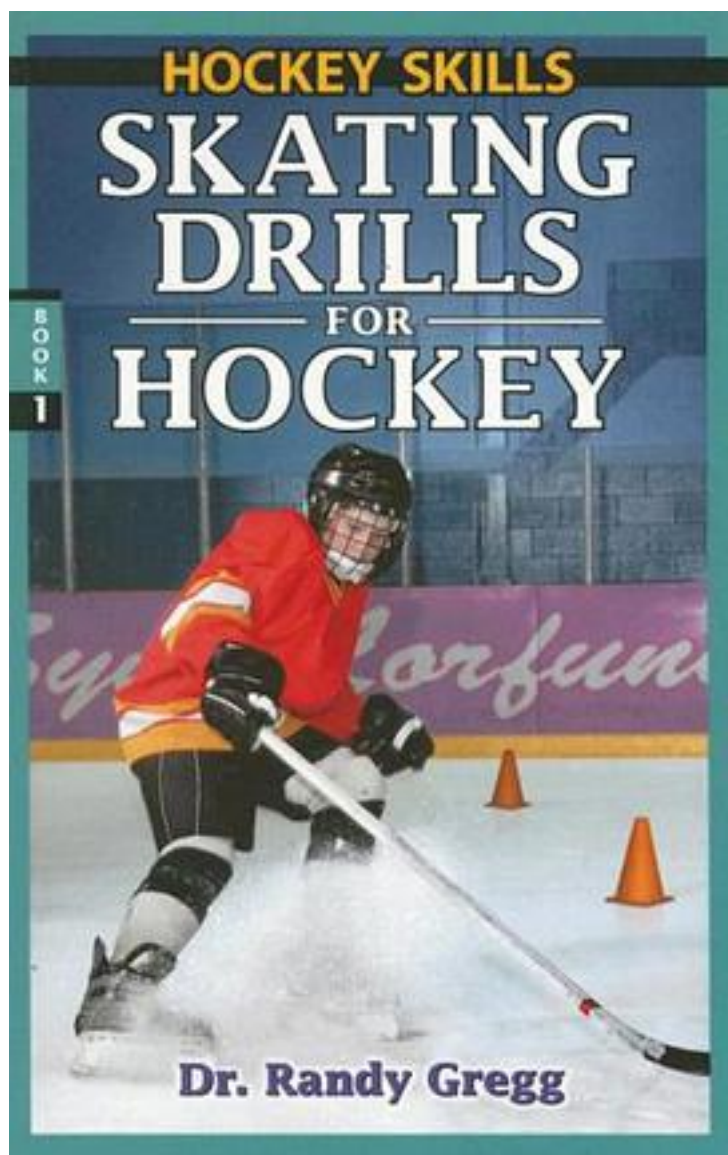


Skating Drills for Hockey



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著者:Gregg, Dr Randy

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The focus is on drills for skating, agility, speed and power. This illustrated book provides a wide variety of easy-to-learn drills covering the fundamentals of skating as well as both technical and dynamic drills for agility, speed and power.

作者介绍:

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