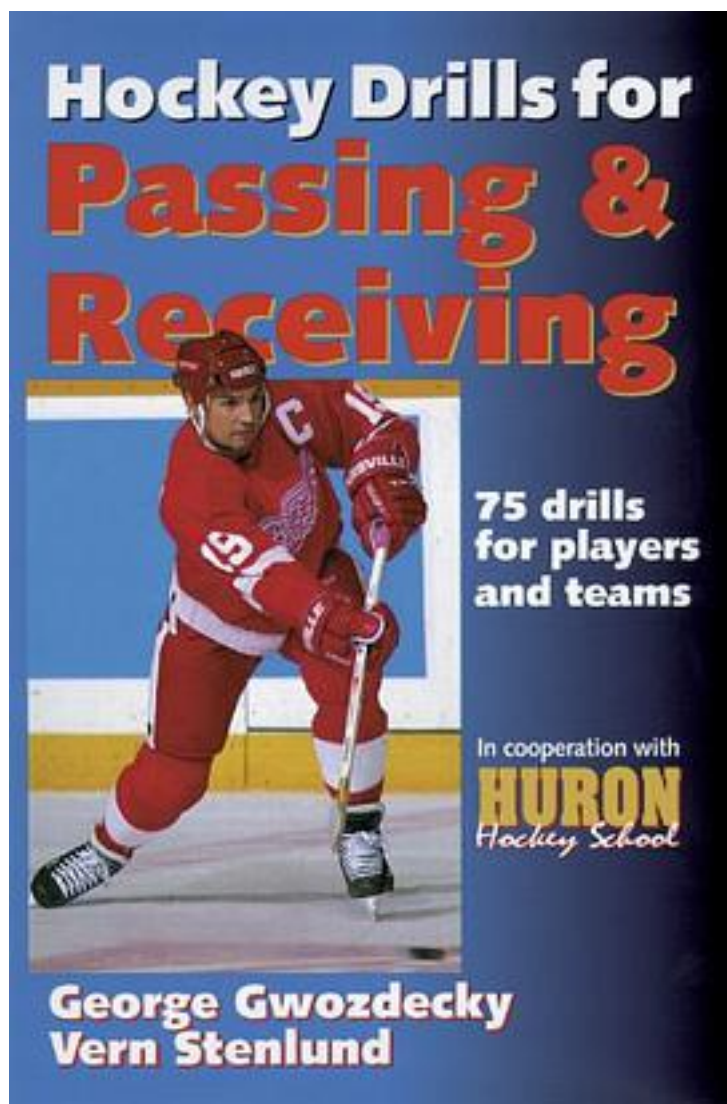


Hockey Drills for Passing and Receiving



[Hockey Drills for Passing and Receiving_ 下载链接1_](#)

著者:Gwozdecky, George/ Stenlund, Vern/ Stenlund, K. Vern/ Huron Hockey School (COR)

出版者:Human Kinetics

出版时间:1999-6

装帧:Pap

isbn:9780736000048

In hockey, the team that has mastered skillful puck movement usually comes out on top. Whether you're attacking the goal or maneuvering out of a compromising situation near the opponent's goal, sharp passing and receiving skills are vital weapons that can consistently carry your team to victory. "Hockey Drills for Passing & Receiving" provides all the expert instruction you need to get your team passing and receiving the puck like a well-oiled machine. The book includes 75 drills, many of which can be applied to both in-line and ice hockey. Backed by the sport's premier provider of coach and player instruction, Huron Hockey, "Hockey Drills for Passing & Receiving" teaches how to develop individual skills and use them within a team concept. In addition to improving puck movement in the offensive zone, the drills also focus on the all-important transition game, where much of the action takes place during a match. Expert instructors George Gwozdecky and Vern Stenlund provide the key teaching points and practice activities to hone players' abilities to move and keep possession of the puck. Drills within each chapter start basic then increase in difficulty to provide a wide range of challenges and learning situations. Each drill is accompanied by special coaching tips to correct common errors and maximize players' performance. Any player has the potential to master passing and receiving the puck. With "Hockey Drills for Passing & Receiving," you will boast better puck movement than the rest and dominate on the ice.

作者介绍:

目录:

[Hockey Drills for Passing and Receiving_下载链接1](#)

标签

评论

[Hockey Drills for Passing and Receiving_下载链接1](#)

书评

[Hockey Drills for Passing and Receiving 下载链接1](#)