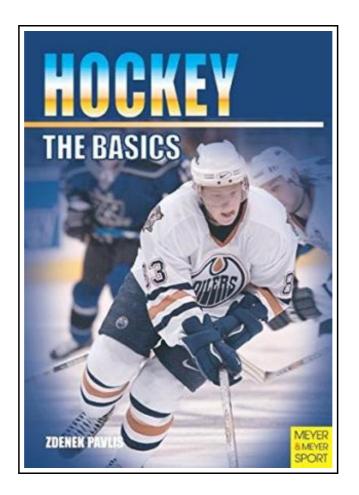
Ice-Hockey: the Basics



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Reviews

Here is the best ebook i actually have go through until now. It really is simplistic but shocks within the fifty percent in the ebook. Your daily life period will probably be transform once you total reading this book.

(Elaina Funk)

ICE-HOCKEY: THE BASICS



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Meyer & Meyer. Paperback. Book Condition: new. BRAND NEW, Ice-Hockey: the Basics, Zdenek Pavlis, This volume is the first in a series of books from the Czech technical hockey school and deals with the basic elements of hockey-skating. Because of the high playing skills and tactical ability demanded by this fast game, the individual will only be successful when the basic skill of ice-skating has become a natural function and is automatic. The book describes the basics of ice-skating (skating forwards and backwards, braking, skating in a curve, the cross-over forwards as well as backwards turns and starts). Twenty-five little games to practise the movements as well as 45 skating exercises are included to improve ice-skating skills, and these have proved themselves in practical work with pupils. In this way, hockey can be successfully taught and coached.

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