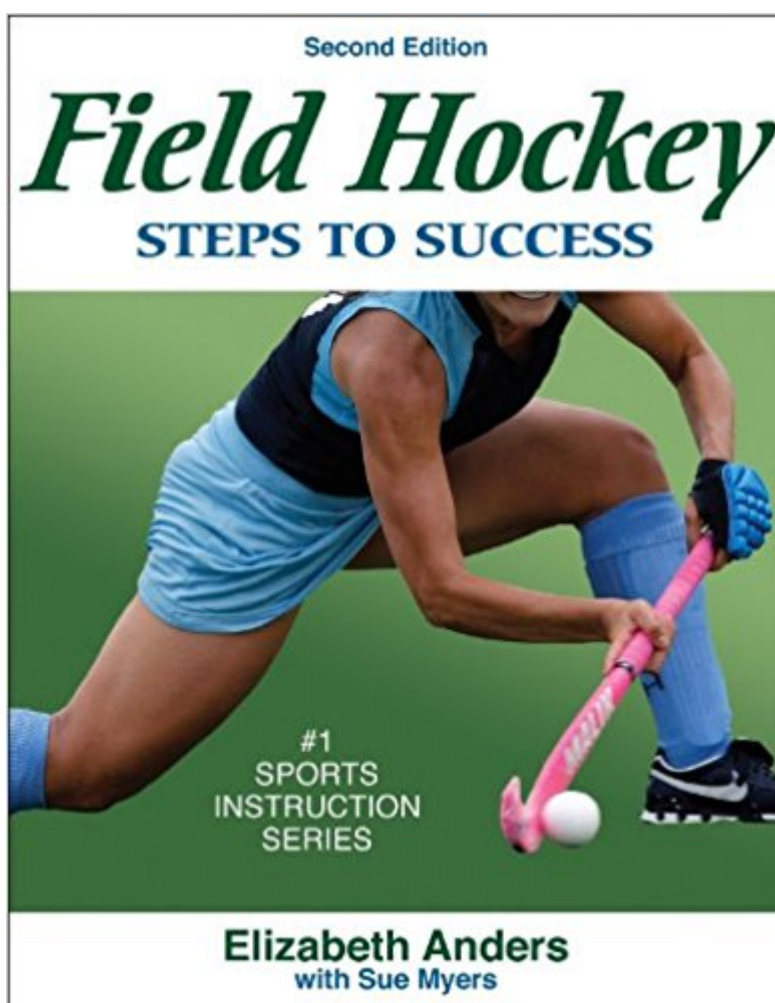


The book was found

Field Hockey: Steps To Success - 2nd Edition (Steps To Success Sports Series)



Synopsis

Enter the game with confidence, knowing you've mastered the essentials. *Field Hockey: Steps to Success* combines a comprehensive, progressive approach with in-depth instruction, illustrations, and 86 drills. Master coach and field hockey legend Elizabeth Anders details the step-by-step program that will teach you how to develop these skills: -Score more goals by developing better shooting techniques.-Improve ball control and dribbling.-Establish solid passing and receiving skills.-Develop better footwork and balance for improved stick handling.-Employ attacking and defensive tactics.-Become a better goalkeeper through correct positioning and increased awareness in the net. Whether you are new to the sport or seeking new techniques to add to your arsenal, *Field Hockey: Steps to Success* "part of the popular Steps to Success Series that has sold more than 1.5 million copies" will help you improve every aspect of your game.

Book Information

Series: Steps to Success Sports Series

Paperback: 240 pages

Publisher: Human Kinetics; 2 edition (June 23, 2008)

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ISBN-10: 0736068376

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Product Dimensions: 9.7 x 0.6 x 11 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (7 customer reviews)

Best Sellers Rank: #176,296 in Books (See Top 100 in Books) #7 in Books > Sports & Outdoors > Coaching > Hockey #56 in Books > Sports & Outdoors > Hockey #101 in Books > Sports & Outdoors > Other Team Sports

Customer Reviews

I played field hockey about 9 years ago and recently my arm has been slightly twisted to coach middle school hockey. I had forgotten all the basics of the game and this book is a quick to the point guide. I like the pictures it provides and the drills. My goalie coach who had never even seen a game before has been able to use the book and apply it to coaching my goalies. I definitely recommend this book whether you are a coach who is looking for a break down of skills or a player looking to improve your game.

it gave me the winning touch!!!! I want to recommend this book for every field hockey player in the world!

Purchased the book for my daughter (and myself as I lack understanding in the sport of field hockey). The book is well written and provides a clear explanation of the sport. I have found it to be very helpful to advance my knowledge. My daughter has enjoyed the book as it outlines various drills to improve her skill set. The drills are clearly outlined and very detailed with great visuals. She has been playing for 5+ years (club and local teams) and she indicated that this book has helped her. She also noted that this book will continue to be beneficial in the future as it is very comprehensive. Definitely would recommend.

Just taking on a coaching position at Club level this book has been very helpful for both myself and our new players, it is also very easy to understand.

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