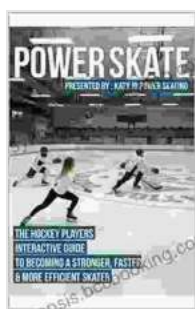


The Hockey Player's Guide to Becoming Stronger, Faster, and More Efficient Skater

If you're looking to improve your hockey skating skills, then you need to check out The Hockey Player's Guide to Becoming Stronger, Faster, and More Efficient Skater. This book is the ultimate guide to improving your skating skills, whether you're a beginner just starting out or a seasoned pro looking to take your game to the next level.



Power Skate: The Hockey Players Guide to Becoming a Stronger, Faster, and More Efficient Skater by Direct Hits

★★★★☆ 4.5 out of 5

Language : English

File size : 1910 KB

Screen Reader : Supported

Print length : 160 pages



The book is packed with drills, exercises, and tips to help you improve your skating power, speed, and agility. You'll also learn how to improve your balance, coordination, and edge control. And if you're looking to improve your overall fitness, the book also includes a section on strength training and conditioning for hockey players.

The Hockey Player's Guide to Becoming Stronger, Faster, and More Efficient Skater is the perfect book for any hockey player who wants to improve their skating skills. Whether you're a beginner just starting out or a

seasoned pro looking to take your game to the next level, this book has something for you.

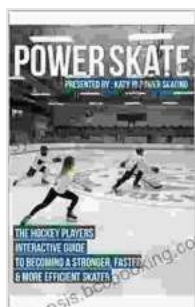
Here are just a few of the things you'll learn in this book:

- How to improve your skating power
- How to improve your skating speed
- How to improve your skating agility
- How to improve your skating balance
- How to improve your skating coordination
- How to improve your skating edge control
- How to improve your overall fitness for hockey

If you're serious about improving your hockey skating skills, then you need to check out The Hockey Player's Guide to Becoming Stronger, Faster, and More Efficient Skater. This book is the ultimate guide to improving your skating skills, and it can help you take your game to the next level.

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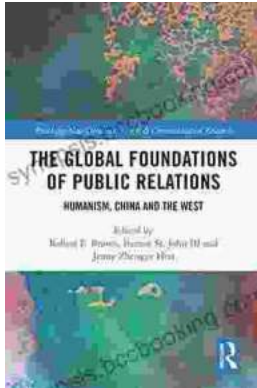
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