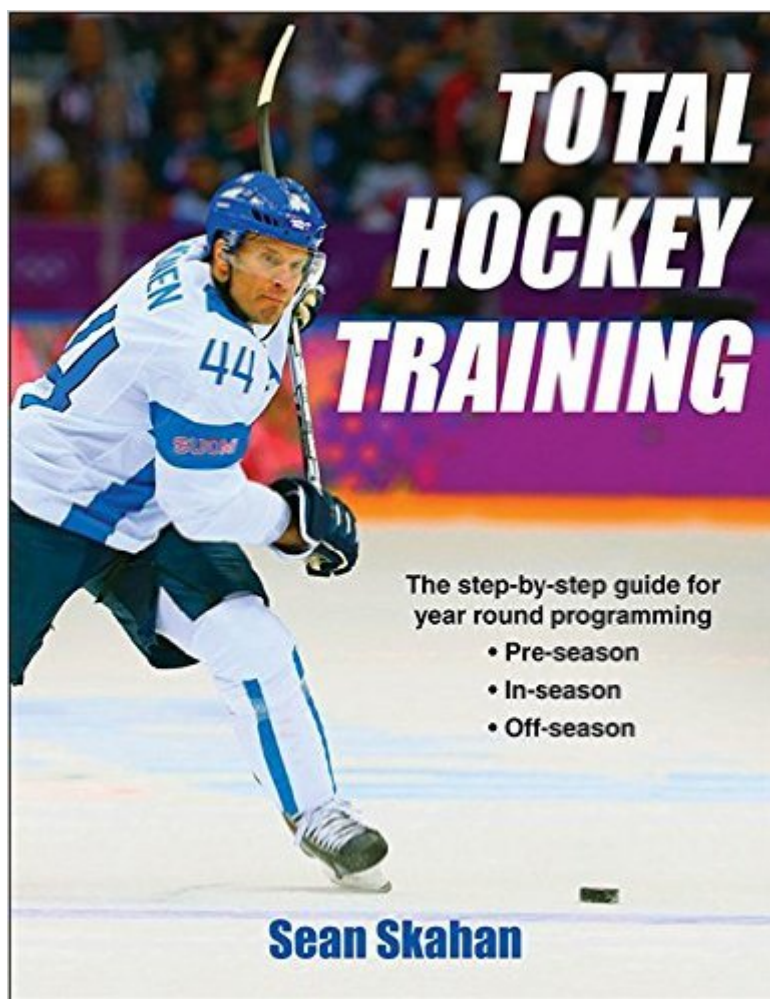


The book was found

Total Hockey Training



Synopsis

Achieve the best physical condition year-round with Total Hockey Training and be ready to dominate on the ice. In Total Hockey Training, Boston University strength and conditioning coach Sean Skahan brings you the exercises and drills that have been used in conditioning some of the greatest players in the world. Whether you're just entering the off-season or chasing playoff contention, this resource has you covered with season-specific programming that will help you take your game to new heights. With ready-to-use programs for all player positions and various levels of play, you have everything you'll need to train year-round. As you progress, you'll have access to personal assessment programs that will help you determine your strengths and weaknesses so that you can modify programs to fit your individual needs. Physical conditioning for hockey is a year-round requirement if you want to outperform your competition. With Total Hockey Training, you have the tools you need to elevate your game and perform at your peak. v

Book Information

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Average Customer Review: 4.9 out of 5 stars See all reviews (7 customer reviews)

Best Sellers Rank: #265,436 in Books (See Top 100 in Books) #13 in Books > Sports & Outdoors > Coaching > Hockey #91 in Books > Sports & Outdoors > Hockey #212 in Books > Sports & Outdoors > Winter Sports

Customer Reviews

I have a different perspective than most of the reviewers. I'm a personal trainer and coach with over 5 years of experience. (I'm also a Boston University grad:)). I've worked with a handful of athletes over the years, but never trained a professional hockey player. So when the opportunity came to me, I needed to be 100% ready. Sean's Total Hockey Training book helped me create the perfect training framework for my client. What makes Sean's book different than the other hockey training conditioning books on the market is that it is INTUITIVE. The chapters are organized in a way where it takes you step by step through the entire training process. The first few chapters describe the

preseason preparation needed for the High School Player all the way to the Elite Professional. You'll learn the foundations behind assessing a players strengths, tracking their progress, and making the appropriate decisions on exercise selection. The assessment methods that Sean uses are the same tried and true tests high level college and professional programs use to assess their athletes. The next seven chapters cover position specific training (Forwards, Defensemen, etc) and every athletic variable that is important to the game of hockey. Core, Strength and Power, Acceleration and Speed, and a handful of other key variables are given their own chapter. You'll see hundreds of exercises, mobility drills, and movements perfectly demonstrated with easy to read (and see) instructions and pictures. Invaluable! There was no fluff science, or unnecessary exercises or drills. Everything included in the chapters is everything you need. No more. No less. The final chapters are probably the most valuable chapters in the book in my opinion.

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