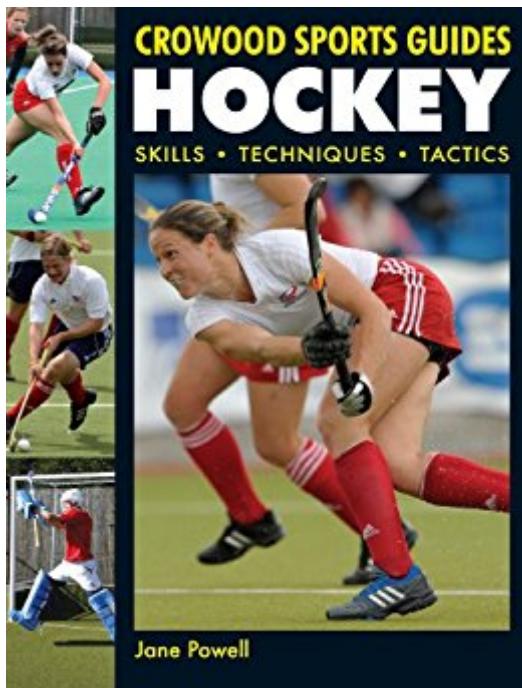


The book was found

# Hockey: Skills. Techniques. Tactics (Crowood Sports Guides)



## **Synopsis**

Crowood Sports Guides provide sound, practical advice that will make you a better player, whether you are learning the basic skills, discovering more advanced techniques or reviewing the fundamentals of your sport. Features in this book are: Information boxes containing Top Tips and Key Points for the coach and player; Sequence photographs and detailed diagrams in colour; An introduction to the history and rules of the game, and equipment; A thorough examination of the core skills of hockey (ball carrying, passing, shooting and defending skills); Tactical analysis of the attacking and defending principles of playing the game; Valuable advice on techniques, coaching, nutrition and the competitive structure within the sport. Aimed at those who play hockey at any level and age as well as their coaches. Gives sound practical advice and examines the core skills of hockey. Covers tactical analysis of the attacking and defending principles. Superbly illustrated with 130 sequence photographs and detailed diagrams in colour. Jane Powell is the Performance Coaching Manager of England Hockey. Another title in the highly successful Crowood Sports Guides series.

## **Book Information**

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