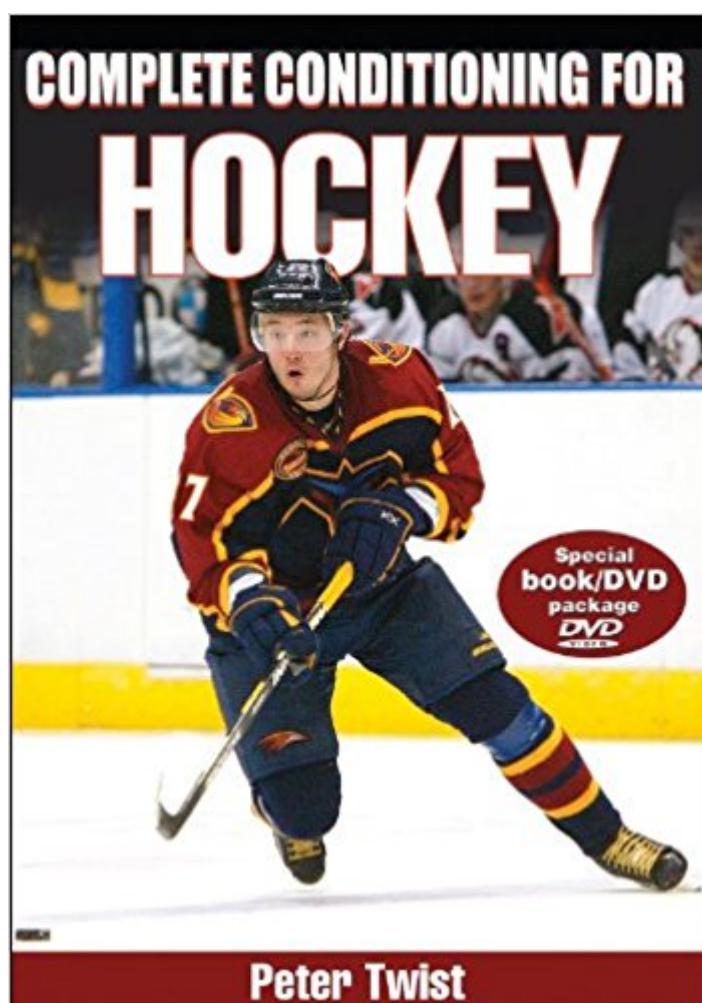


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# Complete Conditioning For Hockey (Complete Conditioning For Sports Series)



## Synopsis

Increase strength to carry the puck through traffic. Pack more power when checking an opponent. Improve quickness and agility and create angles for higher-percentage shots. Complete Conditioning for Hockey shows you how to achieve all of these performance goals and more! Hockey players are bigger, faster, and stronger than ever before. This special book and DVD package features a comprehensive training approach that will build players' physical abilities as well as the hockey-specific skills required for skating, puck handling, passing, shooting, and body checking. The book contains assessment tests for determining a player's fitness status along with specific programs designed to improve balance, quickness, agility, speed, and strength. The DVD puts the training into action, demonstrating key tests, exercises, and drills from the book. With specific guidelines for seasonal workouts, Complete Conditioning for Hockey provides a multidimensional training approach that will show you how to get the most from your time in the gym and on the ice.

## Book Information

Series: Complete Conditioning for Sports Series

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Average Customer Review: 4.3 out of 5 stars 6 customer reviews

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## Customer Reviews

Peter Twist is the former strength and conditioning coach for the Vancouver Canucks and is currently president of Twist Conditioning Incorporated ([www.sportconditioning.com](http://www.sportconditioning.com)), a company with athlete conditioning centers; one-on-one and team training; a line of 250 sport conditioning products; and sport conditioning specialist certifications delivered by Twist Master Coaches throughout Canada, the United States, Australia, and the United Kingdom. A frequent guest lecturer

at international fitness conferences and coaching clinics, Twist delivers workshops on sport conditioning to personal trainers, conditioning coaches, sport coaches, and medical professionals around the globe. An NSCA-certified strength and conditioning specialist with a master's degree in coaching science from the University of British Columbia, Twist served as president of the Hockey Conditioning Coaches Association, editor of the Journal of Hockey Conditioning, and NSCA provincial director for British Columbia. Twist lives in North Vancouver with his wife Julie, daughters Zoe and Mackenzie, and dogs Rico and Loosy.

Needs to be updated to reflect current thinking in training. Even the photo is old school! Most valuable part is the phasing - that is telling trainees not to focus on just one thing but how to break it into phases and what to do. If it does get updated I would suggest a section dealing with yunge3r athletes. There is such a push now at such early ages that I see kids doing things their body is not ready for.

This book explains the building blocks with a great information. It takes an indepth look at all of the components of hockey training. This books also goes through the phases of training, from off-season to mid-season; with a workout program for all different phases and the knowledge to create your own workouts.

My husband had the 1st version of this book and requested the new, revised edition. He was very happy with this book and liked that it included updated information and cd.He uses this for hockey conditioning when he is playing (he plays in a beer league) but also uses it for conditioning when he is cycling as well.

Perfect!

I'm an over 40 player and bought this hoping to get some conditioning tips. As I was looking it over, my neighbour, a trainer at Golds asked if she could borrow it. She's using it with her clients and won't give it back - 2 months now. Now I have to buy another one for me. It has the excerise routines she feels are right for hockey conditioning.

As a former semi-pro player this was my bible in my younger years and I just bought the updated version with DVD to get back into playing! This is a must have not only for hockey players, it has

been key for me staying injury free in soccer and hiking as well!

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