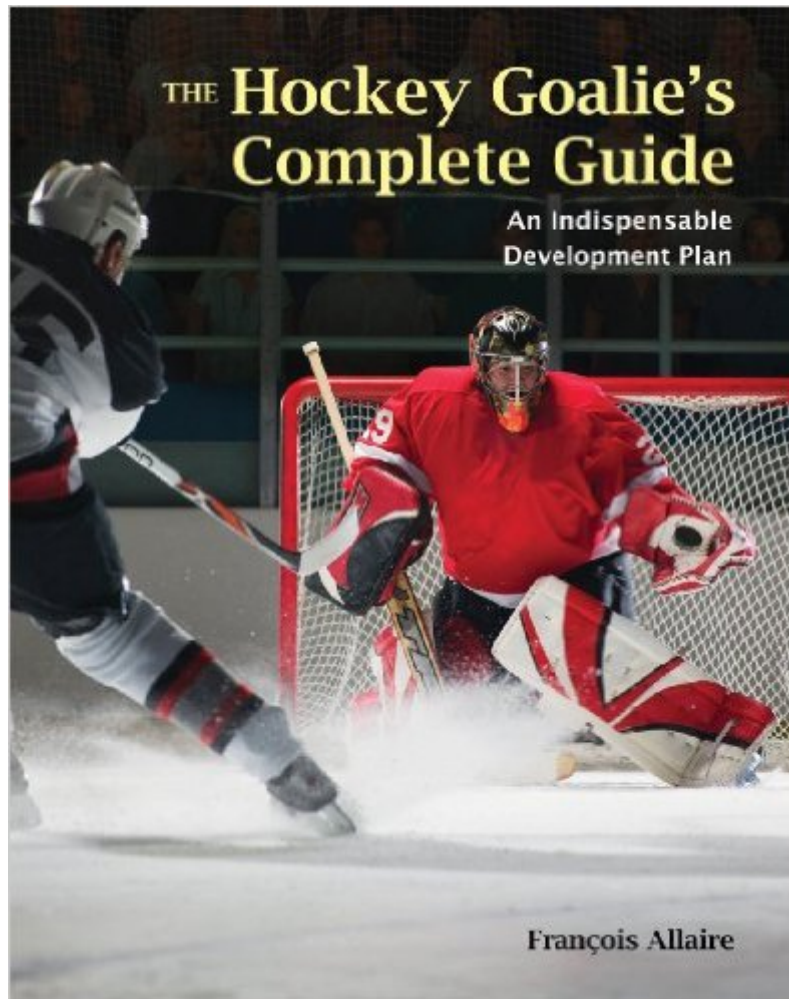


The book was found

The Hockey Goalie's Complete Guide: An Indispensable Development Plan



Synopsis

An essential training manual for hockey goalkeepers. The Hockey Goalie's Complete Guide offers practical advice and information for goalkeepers and their coaches and trainers. Anyone interested in hockey goalkeeping will enjoy reading about NHL trainer François Allaire and his four-year development plan that includes: Basic techniques Skating techniques On-ice and off-ice training methods How to evaluate goalkeepers on and off the ice The trainer's role. Step-by-step instructions and clear illustrations show how to execute each recommended technique, movement and exercise, and detailed color photographs complement the expert counsel. Each chapter has an at-a-glance summary and a chart that outlines all the techniques and exercises featured. This authoritative and practical guide also includes forms that allow players, coaches and trainers to record and refer to a goalkeeper's progress and performance during games. These tracking forms are important for annual evaluations and for planning revisions to ongoing training programs.

Book Information

Paperback: 176 pages

Publisher: Firefly Books (September 3, 2009)

Language: English

ISBN-10: 1554074762

ISBN-13: 978-1554074761

Product Dimensions: 7.5 x 0.6 x 9.5 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

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

Best Sellers Rank: #252,470 in Books (See Top 100 in Books) #11 in Books > Sports & Outdoors > Coaching > Hockey #86 in Books > Sports & Outdoors > Hockey #196 in Books > Sports & Outdoors > Winter Sports

Customer Reviews

This book is very detailed. Very accurate, and can teach you to how be a goalie, even if you've never seen ice before. (If you practice hard) Contains many moves and stance drills. Made to specially target the specific move. Contains much info on off-ice training. I like this book very much.

This book was useful to me as a new goalie. I had played hockey for years, but decided to try being a goalie and found that this book useful for learning goalie positioning inside the net area as well as for goalie stances/techniques.

Our two sons just love this book. They have read and read it many times. They play in over 50 hockey leagues so they keep sharp when they play. Thanks, nanacooks@frontiernet.net

If you are new to goaltender coaching you should find this book helpful. It has a full practice and training methodology and plan. It also is full color and has helpful photos and illustrations. Allaire is a man with a great reputation and I think this book can serve coaches well. You will need other supplementation, especially if you coach above the peewee level, so 4 stars because contrary to the title, this is not "complete".

[Download to continue reading...](#)

The Hockey Goalie's Complete Guide: An Indispensable Development Plan The games of drawing room hockey, tether ball, hand tennis, garden hockey, volley ball, basket goal, lawn hockey, wicket polo, hand polo, golf croquet, clock golf, laws of badminton Jake Jennings: Lacrosse Goalie Thinking Inside the Crease: The Mental Secrets to Becoming a Dominant Lacrosse Goalie Beckett 2015 Hockey Price Guide 24th Edition (Beckett Hockey Card Price Guide) National Hockey League Official Guide & Record Book 2017 (National Hockey League Official Guide and) Ultimate Guide to Weight Training for Hockey (Ultimate Guide to Weight Training: Hockey) Hockey Abstract Presents... Stat Shot: The Ultimate Guide to Hockey Analytics Roman: A Cold Fury Hockey Novel (Carolina Cold Fury Hockey) Max: A Cold Fury Hockey Novel (Carolina Cold Fury Hockey) Hockey Confidence: Train Your Brain to Win in Hockey and in Life The Hockey Play Book: Teaching Hockey Systems Coaching Hockey Successfully: Advanced Coaching Manual (Special USA Hockey Edition) Hockey Coaching: The ABCs of International Hockey Le Cordon Bleu's Complete Cooking Techniques: The Indispensable Reference Demonstrates Over 700 Illustrated Techniques with 2,000 Photos and 200 Recipe Android: App Development & Programming Guide: Learn In A Day! (Android, Rails, Ruby Programming, App Development, Android App Development, Ruby Programming) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) War Plan Red: The United States' Secret Plan to Invade Canada and Canada's Secret Plan to Invade the United States C mo realizar un buen plan de marketing y no morir en el intento.: Gu a- a paso a paso para realizar tu Plan de Marketing. Aprende a realizar an lisis de ... y plan de acci n (Spanish Edition) The Atkins Shopping Guide: Indispensable Tips and Guidelines for Successfully Stocking Your Low-carb Kitchen

[Dmca](#)