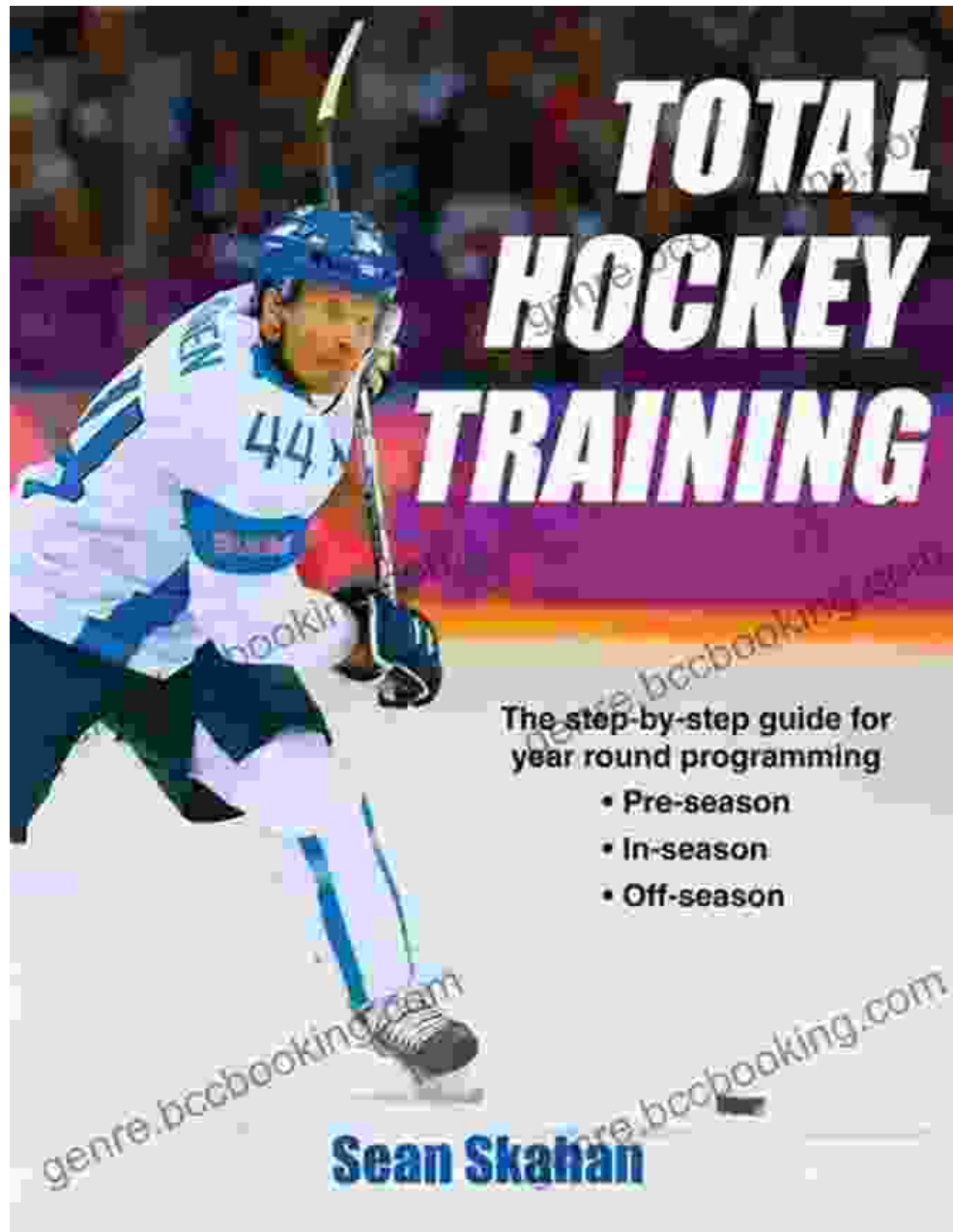


# Total Hockey Training: The Ultimate Guide to Unleashing Your Full Potential on the Ice



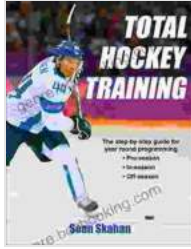
## Total Hockey Training by Sean Skahan

★★★★★ 4.7 out of 5

Language : English

File size : 35532 KB

Text-to-Speech : Enabled



Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 304 pages  
Lending : Enabled  
Screen Reader : Supported



Elevate your hockey game to new heights with Total Hockey Training, the definitive guide written by renowned coach and player Sean Skahan. This comprehensive book is your ultimate companion on the path to hockey mastery, offering expert insights, proven techniques, and actionable strategies to help you excel both on and off the ice.

## **Laying the Foundation: Building a Solid Core**

Total Hockey Training begins by establishing a strong foundation, focusing on the essential skills and techniques that form the cornerstone of hockey success. From skating fundamentals to puck handling and shooting mechanics, Skahan breaks down each element in meticulous detail, providing clear and concise instructions to help you develop a solid base from which to build upon.

Skahan emphasizes the importance of proper skating technique, a crucial aspect often overlooked. He shares valuable tips for improving your stride, balance, and agility, helping you move with confidence and control on the ice. Additionally, the book covers the art of puck handling, guiding you through various techniques for controlling the puck in tight spaces, evading opponents, and setting up scoring opportunities.

## **Mastering Advanced Techniques: Unlocking Your Potential**

Once you've established a solid foundation, Total Hockey Training delves into more advanced techniques and strategies to help you elevate your game to the next level. Skahan covers everything from stickhandling to shooting, passing, and defensive positioning, providing expert tips and drills to refine your skills and outsmart your opponents.

The book places particular emphasis on shooting, a fundamental skill that can make or break a game. Skahan shares his insights on developing a powerful and accurate shot, guiding you through the mechanics of wrist shots, slap shots, and backhands. You'll also learn the art of passing, a crucial element in team play, with Skahan providing detailed instructions on different pass types, timing, and positioning.

### **Understanding the Game: Tactics and Strategies**

Total Hockey Training goes beyond individual skills and techniques, delving into the intricacies of the game itself. Skahan shares his knowledge of offensive and defensive strategies, helping you understand the flow of the game and make informed decisions on the ice.

The book covers a wide range of tactics, from forechecking and backchecking to power plays and penalty kills. Skahan provides clear explanations of each strategy, outlining the roles and responsibilities of each player and offering practical tips for executing them effectively.

### **Training and Development: The Path to Excellence**

Total Hockey Training recognizes that becoming a skilled hockey player requires consistent training and dedication. Skahan shares his expertise on training principles, providing guidance on warm-ups, drills, and exercises to help you improve your strength, endurance, and overall performance.

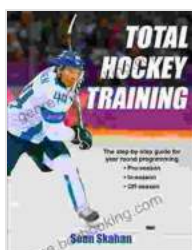
The book also addresses the mental aspect of the game, emphasizing the importance of visualization, focus, and confidence. Skahan offers practical tips for developing a strong mindset, overcoming obstacles, and performing at your best under pressure.

## : Unleashing Your Full Potential

Total Hockey Training is more than just a guide; it's a comprehensive resource that will accompany you on your hockey journey, from your first steps on the ice to the pinnacle of your career. Sean Skahan's expert insights, proven techniques, and actionable strategies will help you unlock your full potential and achieve your hockey aspirations.

Whether you're a seasoned player looking to refine your skills or a beginner eager to learn the game, Total Hockey Training is the ultimate companion. This book is your roadmap to hockey mastery, empowering you with the knowledge, skills, and confidence to excel on the ice and beyond.

Buy Now



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