



Complete Conditioning for Hockey (Complete Conditioning for Sports Series)

Peter Twist

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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.

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