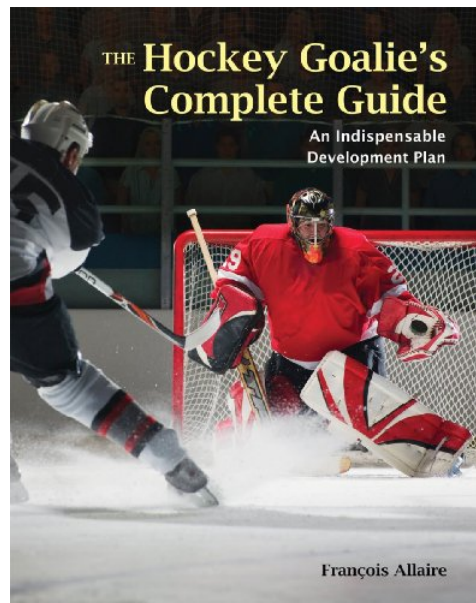


[GET] The Hockey Goalie's Complete Guide: An Indispensable Development Plan



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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.

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