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Ice-Hockey: the Basics

By Zdenek Pavlis

Meyer & Meyer. Paperback. Book Condition: new. BRAND NEW, Ice-Hockey: the Basics, Zdenek Pavlis, This volume is the first in a series of books from the Czech technical hockey school and deals with the basic elements of hockey-skating. Because of the high playing skills and tactical ability demanded by this fast game, the individual will only be successful when the basic skill of ice-skating has become a natural function and is automatic. The book describes the basics of ice-skating (skating forwards and backwards, braking, skating in a curve, the cross-over forwards as well as backwards turns and starts). Twenty-five little games to practise the movements as well as 45 skating exercises are included to improve ice-skating skills, and these have proved themselves in practical work with pupils. In this way, hockey can be successfully taught and coached.



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