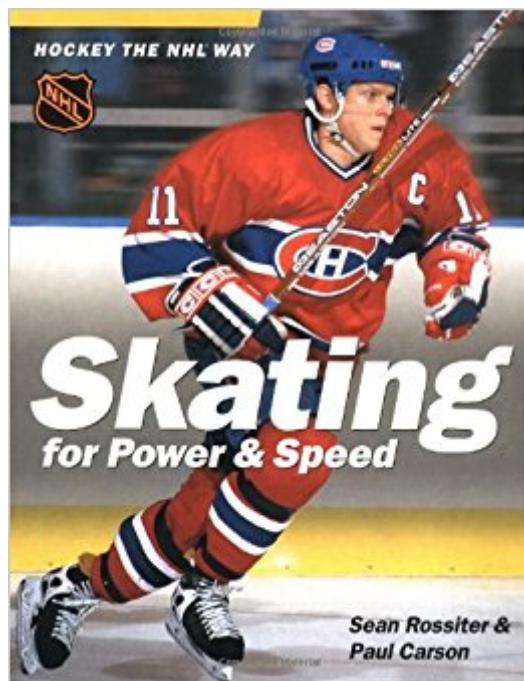


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# Skating For Power & Speed: Hockey The NHL Way



## Synopsis

Streak down the ice just like hockey's best players! What do Pavel Bure, Sergei Fedorov, Jeremy Roenick, Bret Hedican, and Teemu Selanne have in common? Agility, balance, control, and most important: quickness and power. In other words, they are all simply great skaters--and you can be too, with the lavishly illustrated and detailed guide for kids. 8-12 year-olds will master the five components of superb skating through proper stance, the right footwork, and improved core strength. Learn to control edges, accelerate through tight turns and crossovers, add power to stops and starts, and improve leg extension and recovery. All these increase your velocity, and with the added strength, stride length, and correct technique, it's easier to cover the ice and make the plays. Full-color photos of NHL superstar skaters accompany the instructions and tips. It's the one-stop how-to manual for both players and coaches!

## Book Information

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