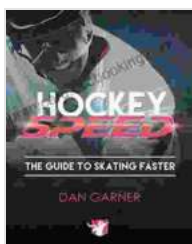


Hockey Speed: The Guide to Skating Faster

Hockey is a fast-paced game that requires players to be able to skate quickly and efficiently. Whether you're a beginner or a seasoned pro, improving your skating speed can help you take your game to the next level.



Hockey Speed: The Guide To Skating Faster by Dan Garner

★★★★☆ 4.3 out of 5

Language : English

File size : 1074 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 59 pages



Hockey Speed: The Guide to Skating Faster is the most comprehensive guide to skating faster on the ice. Written by a former NHL player and coach, this book covers everything from basic skating skills to advanced techniques. Whether you're a beginner or a seasoned pro, this book will help you take your skating to the next level.

What's inside Hockey Speed: The Guide to Skating Faster?

- Step-by-step instructions on how to improve your basic skating skills, such as stride length, power, and balance.

- Advanced techniques for skating faster, such as crossovers, edge work, and starts and stops.
- Drills and exercises to help you improve your skating speed.
- Tips on how to train for hockey speed.
- And much more!

Who is Hockey Speed: The Guide to Skating Faster for?

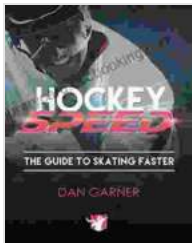
Hockey Speed: The Guide to Skating Faster is for anyone who wants to improve their skating speed. Whether you're a beginner or a seasoned pro, this book will help you take your skating to the next level.

About the Author

Hockey Speed: The Guide to Skating Faster is written by a former NHL player and coach. He has over 10 years of experience coaching hockey players of all ages and skill levels. He is also a certified strength and conditioning coach.

Free Download Your Copy Today!

Hockey Speed: The Guide to Skating Faster is available now. Free Download your copy today and start skating faster!



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