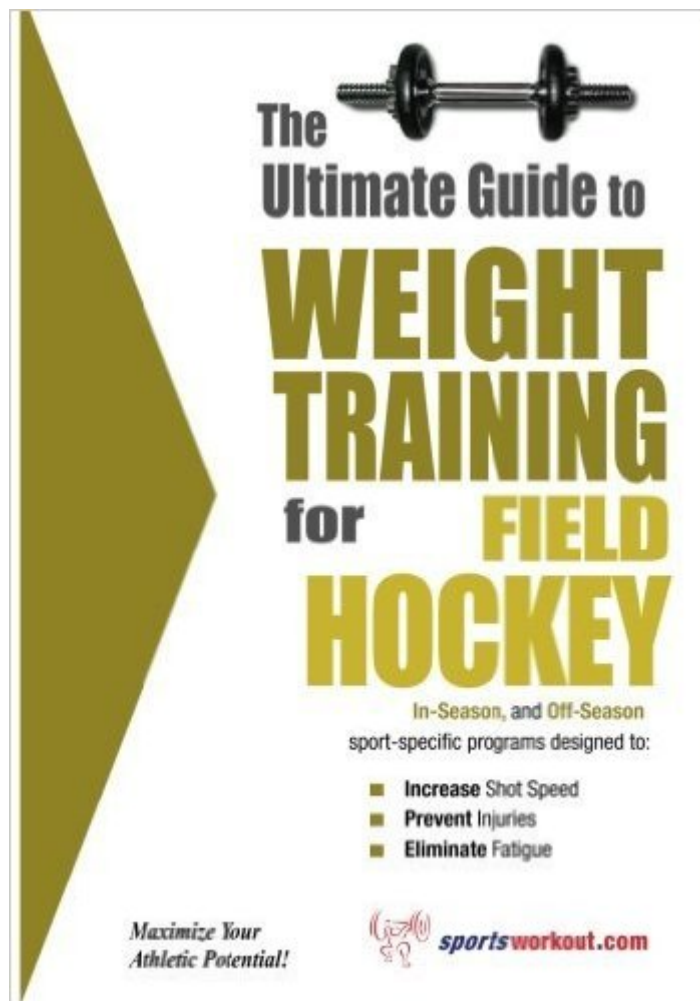


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# The Ultimate Guide To Weight Training For Field Hockey (The Ultimate Guide To Weight Training For Sports, 11)



## Synopsis

The Ultimate Guide to Weight Training for Field Hockey is the most comprehensive and up-to-date field hockey-specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year-round field hockey-specific weight-training programs guaranteed to improve your performance and get you results. No other field hockey book to date has been so well designed, so easy to use, and so committed to weight training. This book will have players increasing speed, strength, agility, and stamina resulting in improved scoops, flicks, and hits. By following this program you will improve your game considerably and will have the endurance to go strong all the way until the final whistle. Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too!

## Book Information

Series: The Ultimate Guide to Weight Training for Sports, 11

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Average Customer Review: 3.8 out of 5 starsÂ Â See all reviewsÂ (5 customer reviews)

Best Sellers Rank: #2,540,333 in Books (See Top 100 in Books) #105 inÂ Books > Sports & Outdoors > Individual Sports > Bowling #110 inÂ Books > Sports & Outdoors > Coaching > Hockey #138 inÂ Books > Sports & Outdoors > Softball

## Customer Reviews

I am a strength coach and recently acquired a field hockey client. I watched some videos to analyze the movement patterns to formulate a plan of action. But since I was very unfamiliar with the sport I decided to try this book to assist in building a proper program. Basically what is presented is a generic strength training program, it is not specific to field hockey in any way, theres not even rotation movements to mimic stick work. It also advises direct arm work and crunches both of which

are out of favor in the conditioning community. There are no drills for agility, which was concerning considering how much these athletes have to change direction. I will assume that all of the "ultimate guides" probably have the same workouts with the first couple pages changed to include the words "field hockey" in the actual text.

This book is a must-have for serious field hockey players. It provides all the information you need to get in shape and stay in shape. It provides instruction and advice that every field hockey player should know about training. Field hockey isn't just about the game, it's about the months of practise and training leading up to it as well. If you are serious about the sport, I would buy it.

I'm on my highschool field hockey team and I love this Guide. I followed this during the season and the offseason and it kept me in excellent shape! If you love field hockey and would like to become a better player get this book.

Rob knows his stuff. I'm always looking for other resources to help coach my team and this is great for off-season work. Now if I could figure out how to get the football team to share the weight room that would be amazing!

The other reviews of this book don't quite match up to the actual contents of this guide. This book is a general weight training guide, it can be applied to any sport, and outside of having the word hockey on the front cover there is nothing hockey specific at all about it. There is, in fact, no mention of hockey again after you turn over the front cover. That's not to say it isn't a good weight training guide, but a complete guide it isn't.

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