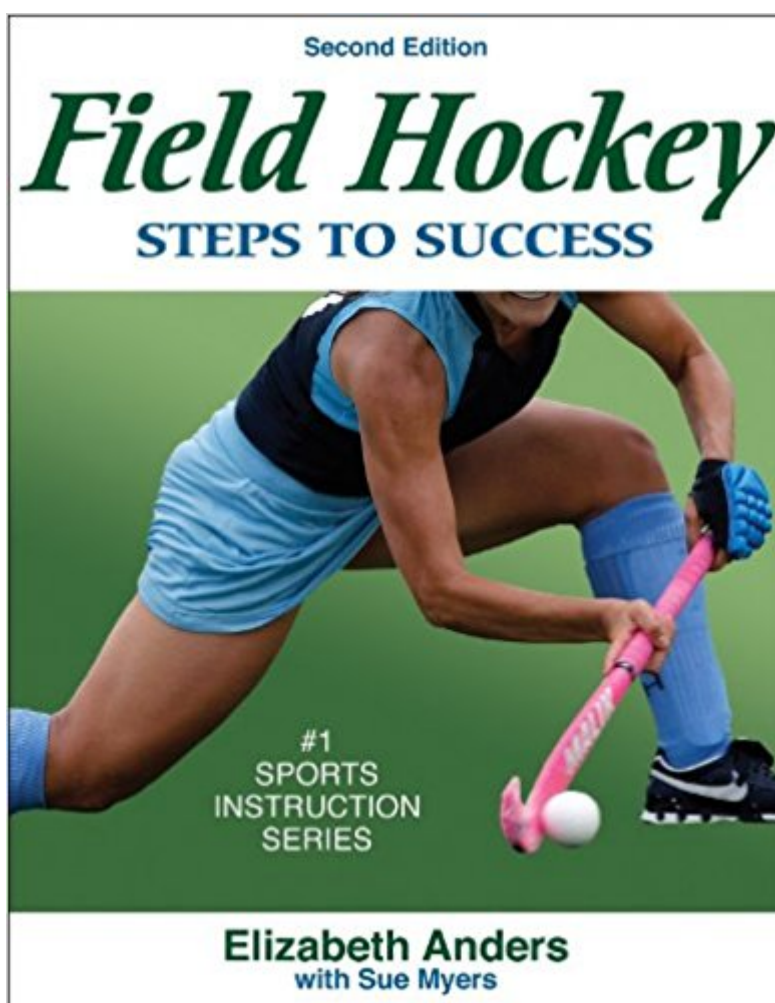


The book was found

Field Hockey: Steps To Success - 2nd Edition (Steps To Success Sports Series)



Synopsis

Enter the game with confidence, knowing you've mastered the essentials. *Field Hockey: Steps to Success* combines a comprehensive, progressive approach with in-depth instruction, illustrations, and 86 drills. Master coach and field hockey legend Elizabeth Anders details the step-by-step program that will teach you how to develop these skills: -Score more goals by developing better shooting techniques.-Improve ball control and dribbling.-Establish solid passing and receiving skills.-Develop better footwork and balance for improved stick handling.-Employ attacking and defensive tactics.-Become a better goalkeeper through correct positioning and increased awareness in the net. Whether you are new to the sport or seeking new techniques to add to your arsenal, *Field Hockey: Steps to Success* – a part of the popular Steps to Success Series that has sold more than 1.5 million copies – will help you improve every aspect of your game.

Book Information

Series: Steps to Success Sports Series

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Customer Reviews

"This is the most comprehensive book on field hockey I've ever read. It's the ultimate resource book for players and coaches alike. It provides the A-Zs for virtually every skill in the game." Beth Bozman, President, National Field Hockey Coaches Association, Head Field Hockey Coach, Princeton University, 1996 Division I Coach of the Year "Covers all aspects of coaching field hockey and will benefit coaches, teachers, players, and prospective players. The step-by-step format for developing the field hockey player is a concept that is beneficial in implementing all aspects of the game. It is a book that all will find enjoyable and easy to follow." Brian A. Glencross, High-Performance Manager,

Women's Hockey Australia Coach of 1988 Olympic gold-medal-winning women's field hockey team
--This text refers to an out of print or unavailable edition of this title.

"Field Hockey: Steps to Success is the perfect guide for all players and coaches who want to improve in all aspects of the game and advance to the next level to become champions." Angie Loy
USA Field Hockey

Purchased the book for my daughter (and myself as I lack understanding in the sport of field hockey). The book is well written and provides a clear explanation of the sport. I have found it to be very helpful to advance my knowledge. My daughter has enjoyed the book as it outlines various drills to improve her skill set. The drills are clearly outlined and very detailed with great visuals. She has been playing for 5+ years (club and local teams) and she indicated that this book has helped her. She also noted that this book will continue to be beneficial in the future as it is very comprehensive. Definitely would recommend.

this is great with practical advice an development of skills from beginners to A grade

Just taking on a coaching position at Club level this book has been very helpful for both myself and our new players, it is also very easy to understand.

I purchased this book for my Granddaughter (Age16) who is exceptionally good at the sport. While still in the 10th grade, she was elevated directly to her High School's Varsity. When she entered the 11th grade, she became Co-Captain, although not a Senior. She has told me that the book was a great help, and that even with her current knowledge, she has picked up pointers that have helped her improve her game.

Don't know anything about field hockey, this looks like an excellent book. Bought it for my daughter who would like to get into the sport as she gets into high school.

I played field hockey about 9 years ago and recently my arm has been slightly twisted to coach middle school hockey. I had forgotten all the basics of the game and this book is a quick to the point guide. I like the pictures it provides and the drills. My goalie coach who had never even seen a game before has been able to use the book and apply it to coaching my goalies. I definitely

recommend this book whether you are a coach who is looking for a break down of skills or a player looking to improve your game.

it gave me the winning touch!!!! I want to reccomend this book for every field hockey player in the world!

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