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Fundamentals Of Hockey: Checking



Synopsis

ARE YOU AFRAID OF BODY CONTACT? NOT SURE HOW TO CHECK? This E-Book details the techniques and mechanics to: Make Body, Stick and Puck Checks Receive Checks Properly Angle Your Opponent And Much, Much More This book is intended to teach the proper body, stick and puck checking mechanics for the sport of ice hockey. It is beneficial for novice through professional players and provides an in-depth break-down of how to properly angle your opponent, give and receive a check.

Book Information

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