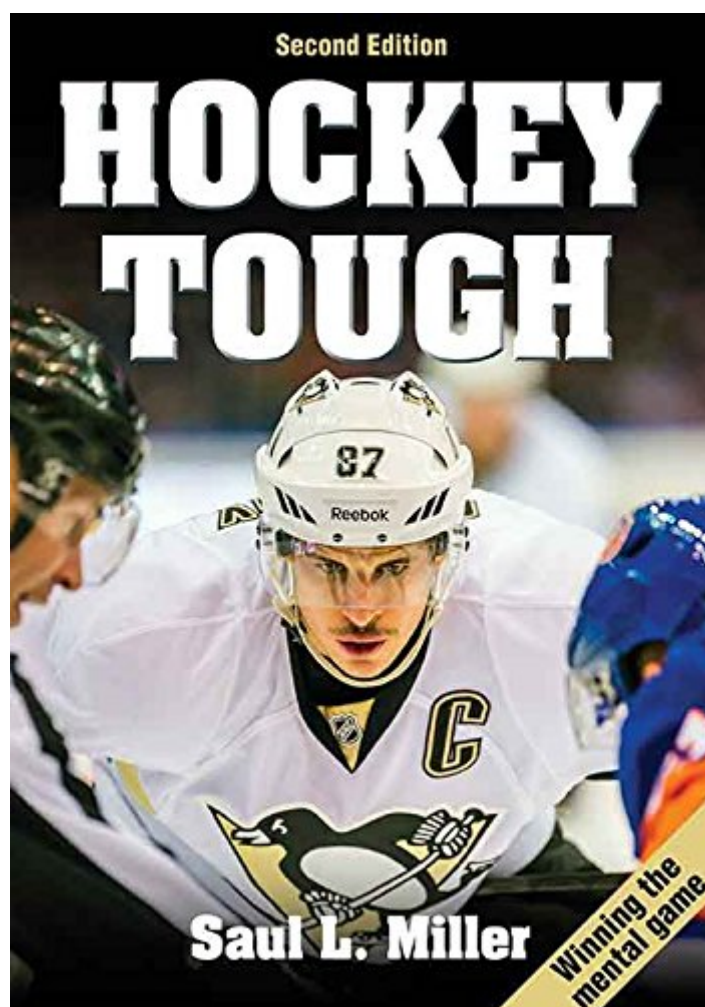


The book was found

Hockey Tough-2nd Edition



Synopsis

Hockey is a game of speed, agility, power, and skill. It's also a game of intimidation, urgency, pressure, and isolation. The best players aren't just physically gifted; they're also mentally tough. They step on the ice with poise, tenacity, and focus. With *Hockey Tough*, so can you. *Hockey Tough* builds on the physical skills by strengthening the mental factors that apply directly to the game. You'll learn how to control your emotions and maintain composure, stay focused in clutch situations, play aggressively—not carelessly—and improve the team's performance game in and game out. Throughout, performance consultant Saul Miller presents the training techniques he has taught hockey players and teams for more than 40 years at every level from college to European leagues, from Olympics to NHL. With insights, anecdotes, and advice from elite players, such as Sidney Crosby, Daniel Sedin, Brendan Gallagher, Ryan Getzlaf, and Mark Messier, *Hockey Tough* is essential to becoming a complete player on and off the ice.

Book Information

File Size: 4206 KB

Print Length: 248 pages

Publisher: Human Kinetics; 2 edition (July 28, 2016)

Publication Date: July 28, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01J8XWZNO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #979,923 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #78

in Books > Sports & Outdoors > Coaching > Hockey #194 in Kindle Store > Kindle eBooks >

Nonfiction > Sports > Hockey #243 in Kindle Store > Kindle eBooks > Nonfiction > Sports >

Winter Sports

Customer Reviews

I received a copy of this book from the LibraryThing Early Reviewers program. I'm not a hockey player (anymore). I'm not going to make the NHL, but damn, did I start to have creeping thoughts of

entering the 2017 draft. If this book had been around when I was a young hockey player, I would have devoured every single bit of it, dreaming of skating with Cam Neely and Adam Oates. I would have practiced my breathing, focused on my goals, and had a more level-headed approach to playing the game. There is a fair amount of repetition of the core concepts that Saul Miller preaches, but I think that's because (as he says up front) he intends for you to skip around the book a bit, pick up a few chapters here and there, do the homework he assigns, and then come back to chapters as need be. The real life anecdotes from players help inspire kids and give them a target. As a volleyball coach (and former player), I think he's got a lot of great stuff in here to mine for athletes of all stripes -- it doesn't have to just be hockey tough, though the sport certainly has more of a rep for toughness than, say, volleyball. The only two issues I have with the book is 1) a minor one, but my first impulse, warranted or not, is to chuckle a little at a book with Sidney Crosby on the cover labeled Hockey Tough. Now, I know they guy is tougher than I am, but as a non-Pittsburgh fan our impression of Sid is not exactly tough. Unfair, I know. The second, more major issue, is that Matt Cooke is in the "Checking Tough" chapter. His on-ice behavior and the way he carries himself is no model for younger players and that type of dirty, over the edge play shouldn't be rewarded with any kind of spotlight. But that was my only issue, and it came late in the book. Overall this was an excellent primer on an oft-neglected side of training for any kind of sport.

[Download to continue reading...](#)

The games of drawing room hockey, tether ball, hand tennis, garden hockey, volley ball, basket goal, lawn hockey, wicket polo, hand polo, golf croquet, clock golf, laws of badminton Hockey Tough-2nd Edition Hockey Tough Beckett 2015 Hockey Price Guide 24th Edition (Beckett Hockey Card Price Guide) Coaching Hockey Successfully: Advanced Coaching Manual (Special USA Hockey Edition) Roman: A Cold Fury Hockey Novel (Carolina Cold Fury Hockey) Max: A Cold Fury Hockey Novel (Carolina Cold Fury Hockey) National Hockey League Official Guide & Record Book 2017 (National Hockey League Official Guide an) Hockey Abstract Presents... Stat Shot: The Ultimate Guide to Hockey Analytics Hockey Confidence: Train Your Brain to Win in Hockey and in Life The Hockey Play Book: Teaching Hockey Systems Ultimate Guide to Weight Training for Hockey (Ultimate Guide to Weight Training: Hockey) Hockey Coaching: The ABCs of International Hockey WinningSTATE-Volleyball: The Athlete's Guide to Competing Mentally Tough (4th Edition) Good Answers to Tough Questions About Substance Abuse The CSS Detective Guide: Tricks for solving tough CSS mysteries, ePub Tough Plants for Florida Gardens Tough Plants for Southern Gardens The Big Squeeze: Tough Times for the American Worker Why It's So Tough to Prosecute Cops

