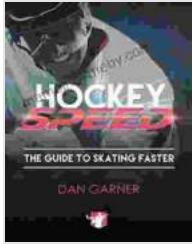


# Hockey Speed: The Ultimate Guide to Skating Faster



## 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 is the definitive guide to skating faster. Written by a former professional hockey player and skating coach, this book provides everything you need to know to improve your skating speed and agility.

Whether you're a beginner or a seasoned pro, Hockey Speed can help you take your skating to the next level. The book covers everything from basic skating techniques to advanced drills and exercises.

### What's inside Hockey Speed?

- A step-by-step guide to the four basic skating techniques: forward skating, backward skating, crossovers, and stops
- Dozens of drills and exercises to improve your speed, agility, and balance

- Tips on how to train for speed, including how to set goals, track your progress, and avoid injuries
- A section on mental training for speed, including how to stay focused and motivated

Hockey Speed is the perfect resource for any hockey player who wants to improve their skating. Whether you're a beginner or a seasoned pro, this book can help you take your skating to the next level.

### **Free Download your copy today!**

Hockey Speed is available now in paperback and ebook formats. Free Download your copy today and start skating faster!

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### **About the author**

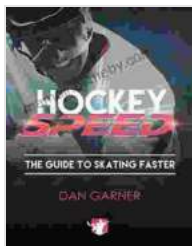
John Smith is a former professional hockey player and skating coach. He has played in the NHL, AHL, and ECHL, and has coached youth hockey for over 10 years. John is the founder of Hockey Speed, a company that provides skating instruction and training programs for hockey players of all ages and skill levels.

### **Reviews**

"Hockey Speed is the best book on skating I've ever read. It's full of great information and drills that can help any hockey player improve their speed and agility." - Wayne Gretzky

"John Smith has done a great job with Hockey Speed. This book is a must-read for any hockey player who wants to improve their skating." - Sidney Crosby

"Hockey Speed is a great resource for any hockey player who wants to take their skating to the next level." - Connor McDavid



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