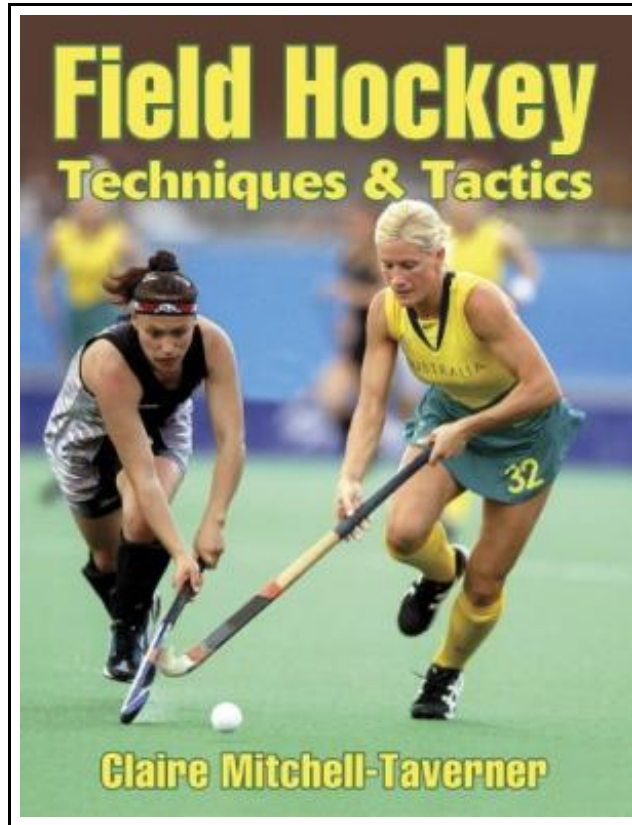


Field Hockey: Techniques and Tactics



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Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.

(Newton Runolfsson)

FIELD HOCKEY: TECHNIQUES AND TACTICS



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Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Field Hockey: Techniques and Tactics, Claire Mitchell-Taverner, In "Field Hockey Techniques & Tactics," Olympic gold medalist Claire Mitchell-Taverner presents the skills and offensive and defensive systems that helped the Hockeyroos dominate the world stage for nearly a decade and revolutionize the game of field hockey. Elevate your trapping, receiving, passing, dribbling, and shooting by learning the finer technical points of each attacking skill. Perfect your defensive techniques in anticipating opponents' moves and intercepting passes, making strong tackles, and creating eliminations to regain possession and set up additional attacks. And gain firsthand insights for the communicating and decision making required for excelling as a team. Citing the aggressive attacking and defensive moves that the Hockeyroos used to win gold at every major international level over a 9-year span, Mitchell-Taverner places emphasis on applying the press, using man-to-man marking, and zoning up. She also teaches the keys to setting up breakaways and 2-on-1s; maintaining possession of the ball; and executing set plays like penalty corners, free hits outside the circle, and long corners. Higher-level skill development and savvy play are a winning combination against tough competition. Use "Field Hockey Techniques & Tactics" to boost your performance and expand your knowledge of the game.



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