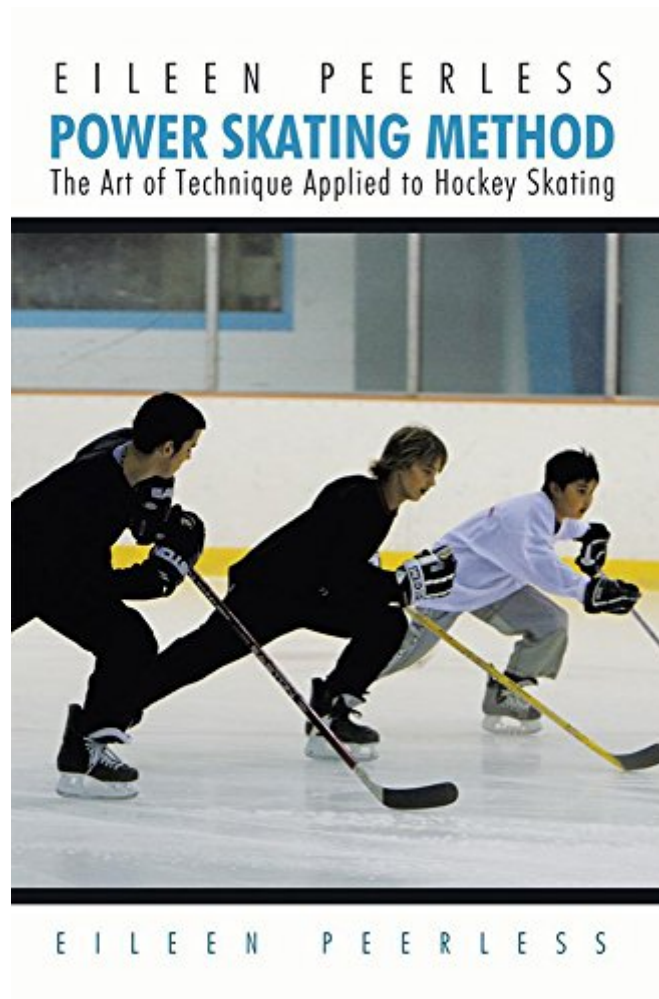


The book was found

Eileen Peerless Power Skating Method: The Art Of Technique Applied To Hockey Skating



Synopsis

Eileen Peerless Power Skating Method offers proven techniques from a power skating expert that will help hockey skaters of all ages, abilities, and levels to improve power, speed, and overall performance on the ice. Relying on her nearly three decades of experience teaching hundreds of hockey players, Eileen Peerless shares practical skills that can be used in real game situations. Peerless divides her guidebook into three sectionsâ balance, stride, and agility. She provides a solid foundation of step-by-step methods, team and individual drills, and clear illustrations that will help any hockey player develop into an excellent skater. Skaters will learn how to: â ¢ improve balance by developing better edge control and skate placement; â ¢ implement a strong, powerful stride that uses the body for strength; â ¢ master agility and increase speed by turning and stopping properly. Knowing where the body belongs in every skating maneuver is critical to improving skating technique, speed, and balance. Eileen Peerless Power Skating Method provides the kind of methods that, with practice and dedication, will lead both beginning and advanced hockey athletes to achieve unlimited success on the ice.

Book Information

File Size: 2151 KB

Print Length: 116 pages

Simultaneous Device Usage: Unlimited

Publisher: iUniverse (May 18, 2015)

Publication Date: May 18, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00XVEJOGS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,136,418 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #275

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Hockey #901 inÂ Books > Sports &

Outdoors > Hockey #2017 inÂ Books > Sports & Outdoors > Winter Sports

Customer Reviews

The techniques taught in the book are exactly the way elite hockey players skate, e.g, skates return to the ice in a wide stance, not a narrow "V" stance, and backwards skating uses straight extensions of the leg, not C-cuts. Watch any video of a top NHL-er skating at full speed, and they are using the same techniques taught in Peerless's book. Very few skating instructors teach proper hockey-specific skating techniques, most likely because they have a background in figure skating or are only mimicking older styles of instruction. Lastly, this book does, in fact, include a free video that demonstrates most of the drills, if you take the time to follow the instructions at the end of the book.

This book doesn't have enough illustrations to teach skating. Good concepts but not much to look at.

I bought this book based on a couple of videos I saw on the web. I figured she was the unknown version of Laura Stamm. I understood her instructions as explained in her videos, I thought maybe the book would include a cd or dvd of video explanations but it did not. With the book alone, it's almost impossible to follow. Trying to understand how to do some of the techniques without video back to actually watch, you're basically wasting your time. I know this woman knows her stuff, but I gave the book one star because you can't learn some of the more advanced techniques without watching someone do it first. Maybe 1 or 2 percent of people can, but I know I can't.

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

Eileen Peerless Power Skating Method: The Art of Technique Applied to Hockey Skating 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 Touchdown Jumble®: Tackle These Peerless Puzzles! (Jumbles®) In-Line Skater's Start-Up: A Beginner's Guide to In-Line Skating and Roller Hockey (Start-Up Sports series) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Beckett 2015 Hockey Price Guide 24th Edition (Beckett Hockey Card Price Guide) 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 Coaching Hockey Successfully: Advanced Coaching Manual (Special USA Hockey Edition) Ultimate Guide to Weight Training for Hockey (Ultimate Guide to Weight Training: Hockey) Hockey

Coaching: The ABCs of International Hockey Hal Leonard Brazilian Guitar Method: Learn to Play Brazilian Guitar with Step-by-Step Lessons and 17 Great Songs (Book/CD) (Hal Leonard Guitar Method) Complete Blues Keyboard Method: Beginning Blues Keyboard, Book & CD (Complete Method) The Rules of Sociological Method: And Selected Texts on Sociology and its Method Powder Diffraction: The Rietveld Method and the Two Stage Method to Determine and Refine Crystal Structures from Powder Diffraction Data Laura Stamm's Power Skating

[Dmca](#)