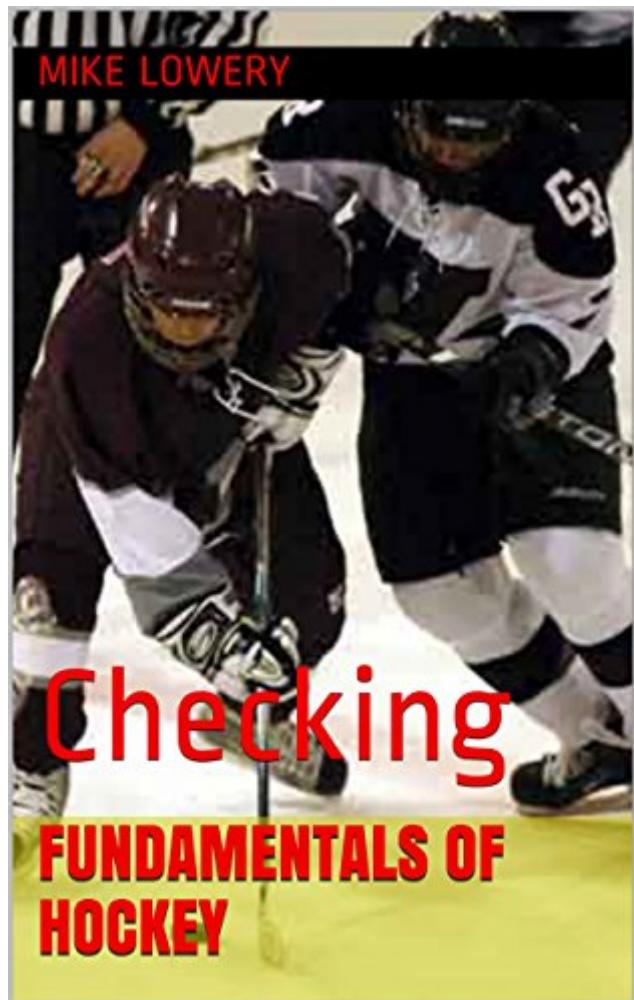


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# Fundamentals Of Hockey: Checking



## 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

File Size: 1177 KB

Print Length: 24 pages

Simultaneous Device Usage: Unlimited

Publication Date: November 16, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B018380S16

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,109,430 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #94 in Books > Sports & Outdoors > Coaching > Hockey #255 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Hockey #857 in Books > Sports & Outdoors > Hockey

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