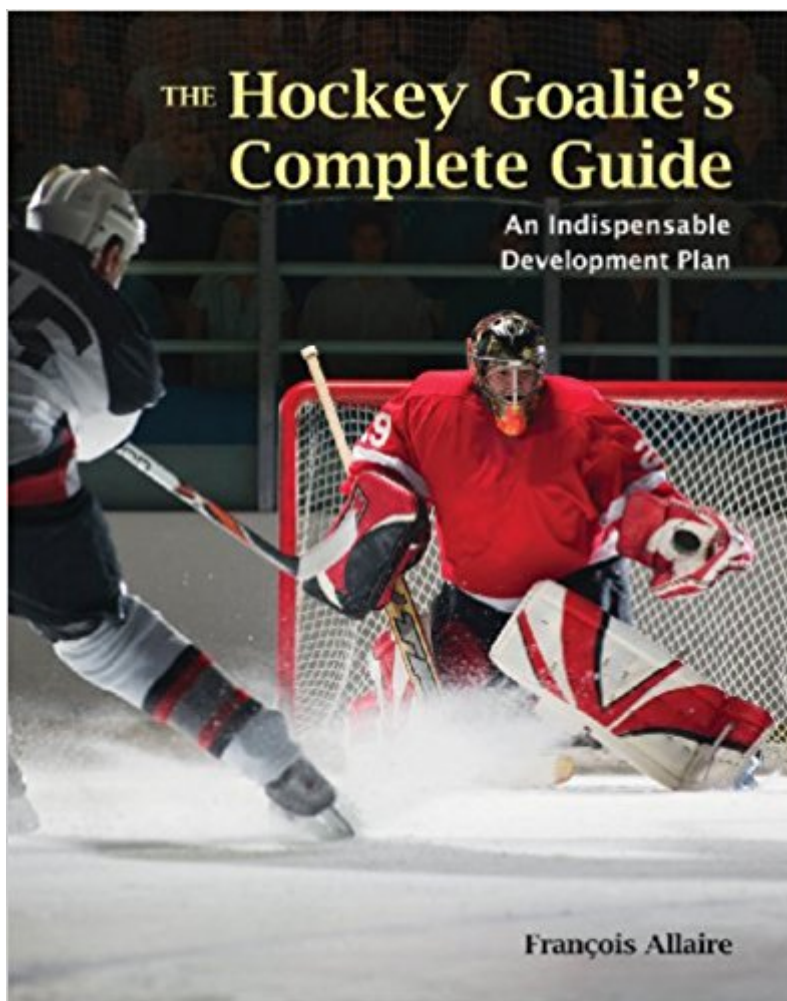


The book was found

The Hockey Goalie's Complete Guide: An Indispensable Development Plan



Synopsis

An essential training manual for hockey goalkeepers. The Hockey Goalie's Complete Guide offers practical advice and information for goalkeepers and their coaches and trainers. Anyone interested in hockey goalkeeping will enjoy reading about NHL trainer François Allaire and his four-year development plan that includes: Basic techniques Skating techniques On-ice and off-ice training methods How to evaluate goalkeepers on and off the ice The trainer's role. Step-by-step instructions and clear illustrations show how to execute each recommended technique, movement and exercise, and detailed color photographs complement the expert counsel. Each chapter has an at-a-glance summary and a chart that outlines all the techniques and exercises featured. This authoritative and practical guide also includes forms that allow players, coaches and trainers to record and refer to a goalkeeper's progress and performance during games. These tracking forms are important for annual evaluations and for planning revisions to ongoing training programs.

Book Information

Paperback: 176 pages

Publisher: Firefly Books (September 3, 2009)

Language: English

ISBN-10: 1554074762

ISBN-13: 978-1554074761

Product Dimensions: 7.5 x 0.6 x 9.5 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 7 customer reviews

Best Sellers Rank: #485,930 in Books (See Top 100 in Books) #21 in Books > Sports & Outdoors > Coaching > Hockey #138 in Books > Sports & Outdoors > Hockey #305 in Books > Sports & Outdoors > Winter Sports

Customer Reviews

I know [that] if I was a young, or even an older recreational goalie, this beautiful guide book is something I would insist on having. If I was a parent of a young goalie I would want him or her to learn from Allaire. In fact, I think this book should be provided to youth coaches right across the country and available in libraries everywhere. I do know that I will have to buy another copy for my collection. I showed this book to a senior men's league goalie friend of mine so that I could better gauge the book's impact. I think the fact that he refuses to give it back speaks volumes! After all, Francis Allure is the best in the business. If you want to improve your own goaltending technique,

then you should be ordering up this book A.S.A.P. (Joe Pelletier Hockey Book Reviews 2009-10-22)

François Allaire trained many goalkeepers over his 12 seasons working with the Montreal Canadiens. Since 1996 he has been a consultant for the Anaheim Ducks.

If you are new to goaltender coaching you should find this book helpful. It has a full practice and training methodology and plan. It also is full color and has helpful photos and illustrations. Allaire is a man with a great reputation and I think this book can serve coaches well. You will need other supplementation, especially if you coach above the peewee level, so 4 stars because contrary to the title, this is not "complete".

This book is very detailed. Very accurate, and can teach you to how be a goalie, even if you've never seen ice before. (If you practice hard) Contains many moves and stance drills. Made to specially target the specific move. Contains much info on off-ice training. I like this book very much.

A great resource for goaltenders who are new or experienced and interested in learning and improving their game. Well written and clear.

This book was useful to me as a new goalie. I had played hockey for years, but decided to try being a goalie and found that this book useful for learning goalie positioning inside the net area as well as for goalie stances/techniques.

Our two sons just love this book. They have read and read it many times. They play in over 50 hockey leagues so they keep sharp when they play. Thanks, nanacooks@frontiernet.net

Grandson will love it

Very helpful

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

Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players. The Hockey Goalie's Complete Guide: An Indispensable Development Plan Goalie Mindset Secrets: 7 Must Have Goalie Mindset Secrets You Don't Learn in School! Mike Richter:

Gotham Goalie (Superstar Hockey Series, 2) Hockey: Hockey Made Easy: Beginner and Expert Strategies for Becoming a Better Hockey Player Spalding's Athletic Library - The Games of Lawn Hockey, Tether Ball, Golf-Croquet, Hand Tennis, Volley Ball, Hand Polo, Wicket Polo, Laws of Badminton, Drawing Room Hockey, Garden Hockey Between Two Worlds: Discovering New Realms of Goalie Development The HR Toolkit: An Indispensable Resource for Being a Credible Activist (Business Skills and Development) Thinking Inside the Crease: The Mental Secrets to Becoming a Dominant Lacrosse Goalie Jake Jennings: Lacrosse Goalie The Beast In The Crease: A Lacrosse Goalie's Guidebook 44 Secrets for Great Soccer Goalie Skills The Youngest Goalie (Warwick Sports Young Adult Novels) Beckett Hockey Price Guide #27 (Beckett Hockey Card Price Guide) Beckett Hockey Price Guide #26 (Beckett Hockey Card Price Guide) Beckett 2015 Hockey Price Guide 24th Edition (Beckett Hockey Card Price Guide) National Hockey League Official Guide & Record Book 2018 (National Hockey League Official Guide an) Ultimate Guide to Weight Training for Hockey (Ultimate Guide to Weight Training: Hockey) Hockey Abstract Presents... Stat Shot: The Ultimate Guide to Hockey Analytics Plan Ahead Central Europe Travel Guide: Prague Travel Guide, Austria Travel Guide, Vienna Travel Guide, Salzburg Travel Guide, Budapest Travel Guide (Plan Ahead Travel Guide)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)