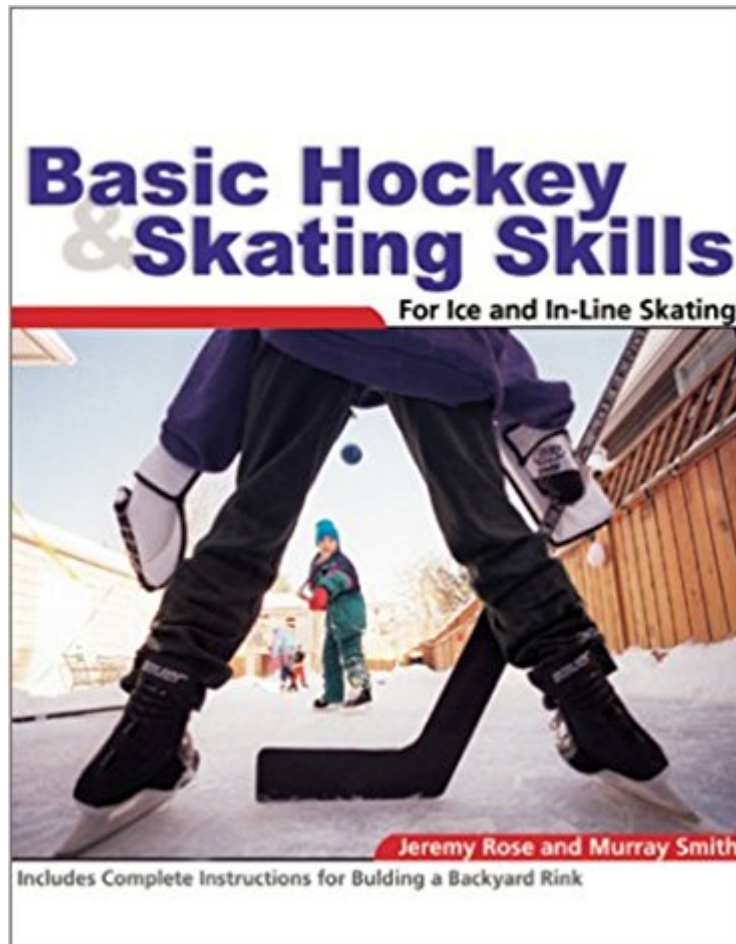




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Basic Hockey And Skating Skills



Synopsis

This easy-to-follow primer describes a comprehensive method for learning the fundamental skills of ice- and in-line skating. In addition, it shows how to develop puck-handling skills for ice or roller hockey and includes do-it-yourself instructions for constructing a backyard rink. It also offers a guide to essential equipment for both styles of skating. Learn the basics of hockey and skating in your own backyard!

Book Information

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