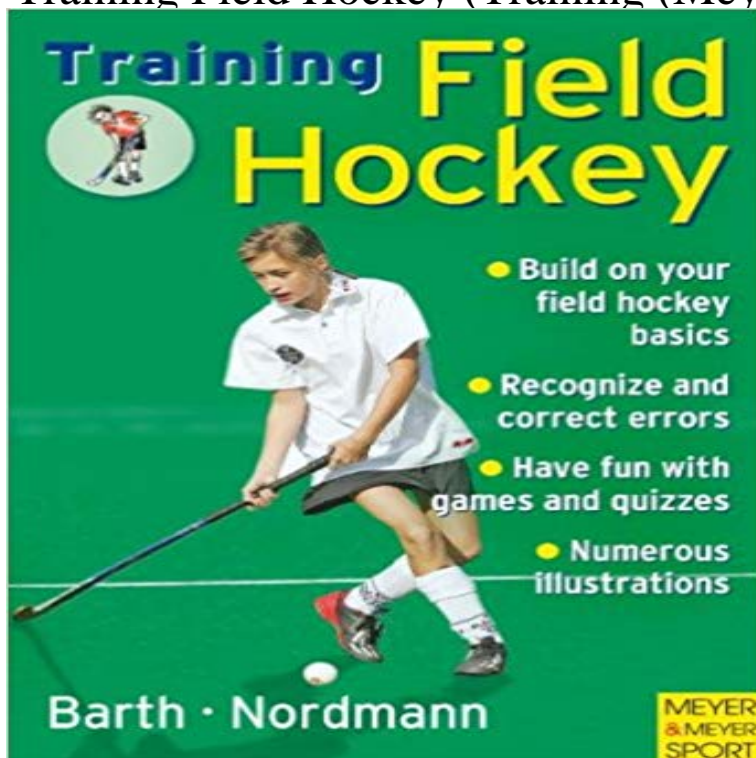


Training Field Hockey (Training (Meyer & Meyer))



Field hockey is an incredibly enjoyable sport for young people. Once you have mastered the basics of the game, how can you improve further? Do you concentrate on shooting techniques, do you try and refine your defence and control skills, or is there a better way to do it all? Training Field Hockey is the perfect companion for kids of all ages who want to improve their endurance, strength, speed, and skills. Accompanying the engaging text and easy-to-understand illustrations, are cartoon characters who offers practical advice, fun games and quizzes, as well as the chance to record and review your progress. This will become an essential resource for children who love hockey, as well as parents and coaches who want to keep kids active and motivated.

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