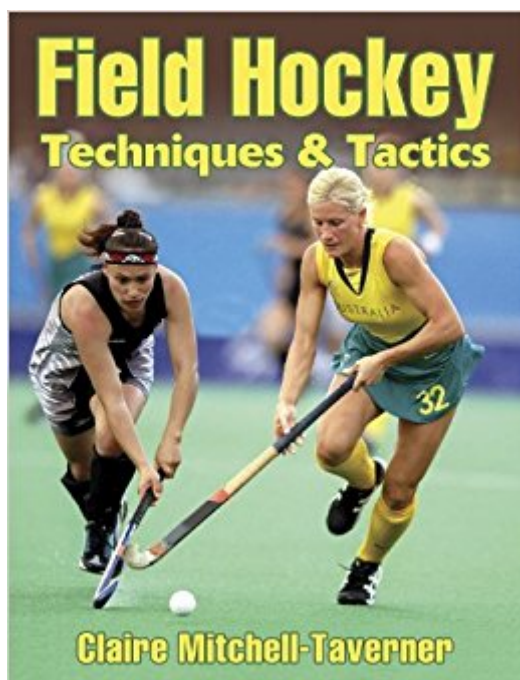


The book was found

Field Hockey Techniques & Tactics



Synopsis

In *Field Hockey Techniques & Tactics*, Olympic gold medalist Claire Mitchell-Taverner presents the skills and offensive and defensive systems that helped the Hockeyroos dominate the world stage for nearly a decade and revolutionize the game of field hockey. Elevate your trapping, receiving, passing, dribbling, and shooting by learning the finer technical points of each attacking skill. Perfect your defensive techniques in anticipating opponents' moves and intercepting passes, making strong tackles, and creating eliminations to regain possession and set up additional attacks. And gain firsthand insights for the communicating and decision making required for excelling as a team. Citing the aggressive attacking and defensive moves that the Hockeyroos used to win gold at every major international level over a 9-year span, Mitchell-Taverner places emphasis on applying the press, using man-to-man marking, and zoning up. She also teaches the keys to setting up breakaways and 2-on-1s; maintaining possession of the ball; and executing set plays like penalty corners, free hits outside the circle, and long corners. Higher-level skill development and savvy play are a winning combination against tough competition. Use *Field Hockey Techniques & Tactics* to boost your performance and expand your knowledge of the game.

Book Information

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Average Customer Review: 4.0 out of 5 stars 3 customer reviews

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Customer Reviews

"This is an innovative book that explains the finer points of hockey in a straightforward, logical manner while acknowledging the all-important basic skills of the game. The book is unique because it is written by a former player who has been very successful at all levels of the game. She incorporates the experience, advice, and knowledge of a number of specific skill experts who have

space areas to break the long, long text blocks within the pages. Overall, as a guide, it has excellent content, as a book, it falls short in readability and practicality, hence the 3-stars.

Just taking on a coaching position at Club level this book has been very helpful for both myself and our new players, it is also very easy to understand.

Knows her stuff. Well chartered. Helpful for training sessions and skill tips.

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