

Master the Art of Hockey Stickhandling with Mike Lowery's "Fundamentals of Hockey Stickhandling"

In the vibrant world of ice hockey, stickhandling stands as a cornerstone skill that distinguishes elite players from the rest. The ability to effortlessly control the puck, maneuvering it with precision and speed, is not merely a matter of natural talent. Rather, it is a discipline that can be honed and perfected through dedicated practice and the guidance of experienced mentors.

Enter Mike Lowery, a renowned hockey coach and former professional player with decades of experience. His latest offering, "Fundamentals of Hockey Stickhandling," is an invaluable resource for aspiring and seasoned players alike, offering a comprehensive and systematic approach to mastering this crucial aspect of the game.

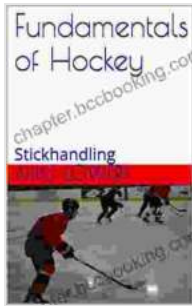
"Fundamentals of Hockey Stickhandling" is not just another hockey book; it is a comprehensive guidebook that takes you on a transformative journey. From the basics of puck handling to advanced techniques, Lowery covers every nuance of this essential skill. Whether you're a novice seeking to lay a solid foundation or an experienced player striving for improvement, this book provides a wealth of knowledge and practical exercises to elevate your game.

Fundamentals of Hockey: Stickhandling by Mike Lowery

★★★★★ 5 out of 5

Language : English

File size : 1000 KB



Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 20 pages
Lending	: Enabled
X-Ray for textbooks	: Enabled
Screen Reader	: Supported



The book is meticulously structured into chapters, each focusing on a specific aspect of stickhandling. Each chapter is a treasure trove of information, accompanied by clear and concise illustrations that bring the concepts to life.

- **Chapter 1: Puck Control Basics:** Lowery lays the groundwork for effective stickhandling by emphasizing proper grip, stance, and puck positioning.
- **Chapter 2: Stickhandling Drills:** This chapter presents a series of progressive drills that gradually increase in complexity, allowing readers to develop their skills in a structured and controlled environment.
- **Chapter 3: Advanced Techniques:** For those looking to take their stickhandling to the next level, Lowery unveils sophisticated techniques such as the toe drag, backhand sweep, and spin-o-rama.
- **Chapter 4: Game Situations:** Recognizing that stickhandling is not merely an isolated skill, Lowery explores its application in various game situations, including breakaways, penalty shots, and one-on-one encounters.

- **Chapter 5: Off-Ice Training:** Lowery emphasizes the importance of off-ice training for enhancing stickhandling abilities and provides a range of exercises that can be performed anywhere.

Throughout the book, Lowery shares his signature "Lowery Method," a proven approach to stickhandling that has helped countless players improve their skills. This method is based on the principles of muscle memory and repetition and incorporates a variety of training tools and techniques that maximize learning and retention.

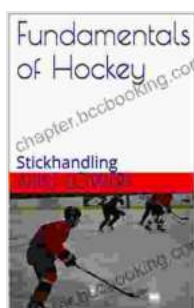
"Fundamentals of Hockey Stickhandling" has garnered widespread acclaim from coaches and players alike. Here are just a few testimonials that attest to the book's exceptional quality:

- "Mike Lowery has created a masterpiece. This book is the definitive guide to stickhandling and should be required reading for every hockey player." - Mark Recchi, NHL Hall of Famer
- "Lowery's 'Fundamentals of Hockey Stickhandling' is an invaluable resource for coaches and players. His clear explanations and progressive drills make this book a must-have for anyone serious about improving their skills." - Dave Tippett, former NHL Head Coach
- "As a hockey coach, I highly recommend 'Fundamentals of Hockey Stickhandling' to my players. It's an exceptional book that provides a systematic and effective approach to developing elite stickhandling abilities." - Cheryl Pounder, USA Hockey Women's National Team Assistant Coach

If you're ready to elevate your hockey game to new heights, "Fundamentals of Hockey Stickhandling" is an indispensable resource that will guide you

on a path to puck control mastery. Whether you're a seasoned pro or a budding star, the knowledge and techniques presented in this book will empower you to handle the puck with confidence and precision, unlocking your full potential on the ice.

Don't wait. Free Download your copy of "Fundamentals of Hockey Stickhandling" today and embark on a journey of stickhandling excellence. Your game will thank you for it.



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