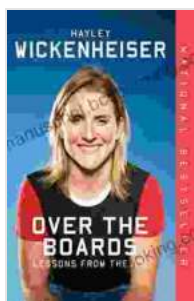


# Over The Boards: Lessons From The Ice

## The Ultimate Guide to Hockey Training and Development

Over The Boards: Lessons From The Ice is the ultimate guide to hockey training and development. This comprehensive book covers everything from basic skills to advanced tactics, and is packed with drills and exercises to help you improve your game.

Whether you're a beginner just starting out or a seasoned pro looking to take your game to the next level, Over The Boards has something for you. This book will help you:



### Over the Boards: Lessons from the Ice by Hayley Wickenheiser

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1718 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 228 pages



- Master the basic skills of hockey, including skating, stickhandling, shooting, and passing
- Develop advanced tactics and strategies to help you win games
- Improve your conditioning and strength
- Avoid injuries and stay healthy

- And much more!

Over The Boards is written by a team of experienced hockey coaches and players, so you can be sure that the information you're getting is accurate and up-to-date. This book is also packed with full-color photos and illustrations, making it easy to follow along and learn the material.

If you're serious about improving your hockey game, then you need Over The Boards: Lessons From The Ice. This book is the ultimate resource for hockey training and development, and will help you take your game to the next level.

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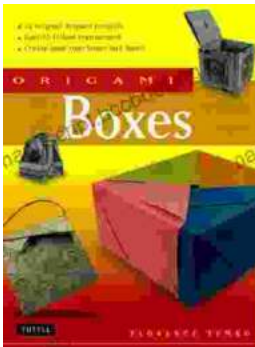
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