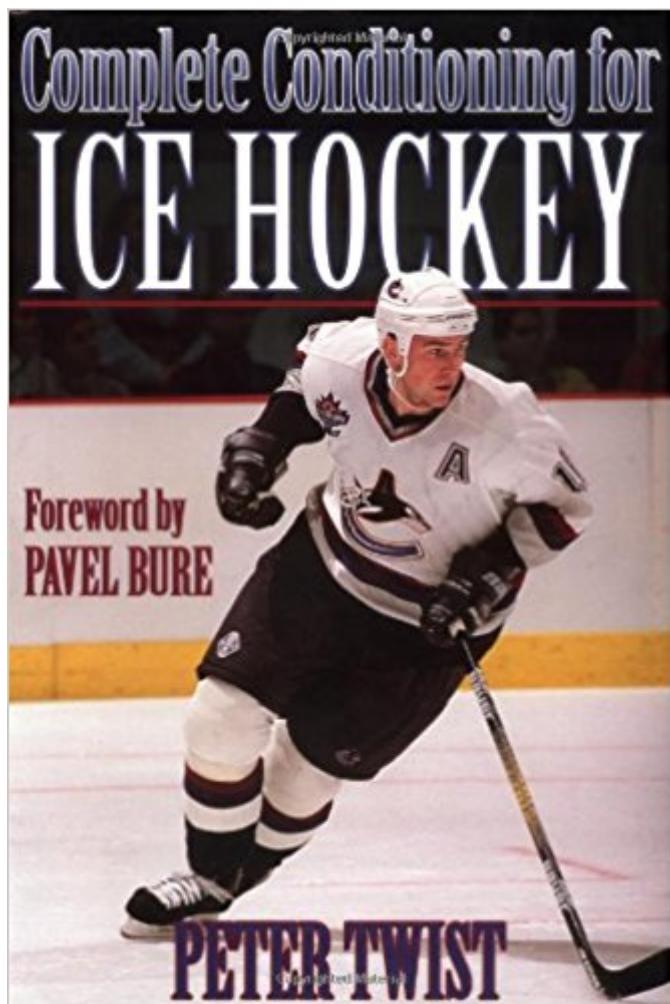


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# Complete Conditioning For Ice Hockey



## **Synopsis**

Presents 125 sport-specific exercises and drills to help players improve their strength, agility, and endurance. Photos demonstrating exercises feature NHL stars Trevor Linden, Mike Peca, Jyrki Lumme, and Geoff Courtnall. All-stars Wayne Gretzky, Steve Larmer, Doug Gilmour, and others discuss what hockey conditioning has meant to their success.

## **Book Information**

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## **Customer Reviews**

"Peter Twist is an outstanding strength and conditioning coach for hockey players, as he has shown with the Canucks. Our players and coaches believe his program is the best. Whether you're in junior hockey or the pros. Complete Conditioning for Ice Hockey is your guide to better conditioning and better performance on the ice." Glen Hanlon Assistant Coach, Vancouver Canucks "Peter's dedication to and knowledge of player conditioning is evident in Complete Conditioning for Ice Hockey. If you want to be your best, learn and use the exercises, workouts, and programs he prescribes." Mike Peca Center, Buffalo Sabres "What I liked most about this book is the philosophical approach to conditioning, which is backed up by well-documented examples." Ron Mason Head Hockey Coach Michigan State University "For players who want to make it to the NHL, this book is a must. Peter's conditioning plan will maximize your physical potential and help get you back on the ice after an injury." Cliff Ronning Center, Phoenix Coyotes

Peter W. Twist, one of the foremost conditioning experts in North America, has coached hundreds of hockey players at all levels; from high school to the professional ranks. Twist is strength

and conditioning coach for the Vancouver Canucks of the National Hockey League. He also has instructed hundreds of national, international, and professional athletes in a variety of other sports, including football, soccer, tennis, and basketball. Twist, who earned his MPE degree in coaching science from the University of British Columbia, is president of the Professional and Collegiate Hockey Conditioning Coaches Association. He has lectured extensively on conditioning topics at academic conferences, hockey seminars, and sports banquets. Coauthor of *The Physiology of Ice Hockey* & Testing and Training Manual, Twist has helped train such world-class athletes as NHL stars Trevor Linden and Pavel Bure and NBA great Hakeem Olajuwon. Twist also has helped numerous over-30 athletes to become quicker and more agile and to extend their careers. A passionate teacher, Twist lectures to university undergraduate and graduate classes, academic conference audiences, and sport-camp participants. He is the author of numerous articles on player development and conditioning. Twist is also regional director for the British Columbia branch of the National Strength and Conditioning Association (NSCA) and a member of the National Institute of Speed, Agility and Quickness. As a varsity hockey player Twist was winner of the Best Defenseman Award at the University of British Columbia and McMaster University. In his leisure time, he enjoys swimming, cycling, and mountain hiking with his wife, Julie, and their dog, Rico.

This is a cool book but it's pretty dated. There are much greater beneficial exercises today that will greater impact your performance in which aren't listed in this book due to its age. The sport has changed and fortunately there is better science now that help help better ascertain strength and skating along with endurance. The exercises in this book are your typical bench press, squat and curl routines in which are still great but limited. If you don't know how to workout, this is your book. But if your already informed how to workout, I'd look for other books that don't have what you already know. Otherwise, great coffee book

I had an idea of what I thought nutrition and being in shape was as a hockey player.....until I read this book. I bought this book looking to improve my game and that is exactly what has happened. Peter Twist takes his experience as a National Hockey League conditioning coach and gives us the same advice that he gives the pros. I strongly recommend this book to coaches and all players serious about taking their game to a higher level

Good book if you are serious about your training

Got this for my son, who plays ice hockey. Great sport specific workouts, including strength, quickness, speed. Exactly what I was looking for. Thank!!

Twist obviously knows what he is discussing. This is a solid guide for training and conditioning for Ice Hockey. It is the only conditioning guide you will need. Use it and improve your game.

This book was great. It provided tons of drill that cover all aspects of the game. It is good for players to do on their own or for coaches to implement into team practices. I would recommend this book to anyone who wants to improve their game and get ahead.

Peter Twist says it right in the beginning, there is nothing quite like hockey. That makes it really tough to get in shape to play. Even if you're already in great shape, your game could improve dramatically if you got into hockey shape. That is exactly what Twist tries to do. The book is organized in such a way that the later chapters build upon the previous chapters. He begins by talking about energy and how we burn fuels different ways when playing hockey. Then he goes into stretching and strength training. If you have ever spent any time around a gym, you'll already know how to perform these movements. The payoff for this book is the plyometric. These are techniques used to help improve your agility and explosive movements. Let's face it, the team that can consistently get to the puck first usually wins. These exercises will provide you with a quick jump giving you an extra step over your opponent and the puck. Twist writes simply, and his instructions are easy to follow. He uses photos generously when trying to explain complex movements. Both on-ice and off-ice exercises are provided so you don't have to be at the rink or have precious ice time to get into shape.

I loved this book and found a lot of useful training information in it, it was very comprehensive. However, this book is geared toward a coach or a very serious player, I am a rec player who gets to play one hour a week with no practice time on the ice at all, and I am lucky to squeeze three hour workouts a week into my busy schedule. I don't have time for aerobic conditioning 2-3 times a week, lifting weights, doing speed drills, etc, etc, plus taking rest days, not to mention actually practicing skating and really playing hockey! I would love to quit my job and condition for hockey all day, but it isn't likely to happen. That said, I was able to use the information in the book to develop my own workout program within my time constraints, to get the most benefit from what time I do have.

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