



Play Better Hockey: 50 Essential Skills for Player Development

Ron Davidson

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Ron Davidson's 50 fundamental hockey skills and tactics will empower players to excel individually at this team game.

At last! A book that focuses on the development of individual hockey skills and promotes a mastery of body positioning, skating and stick work. Learning these skills gives players a strong fundamental understanding of how to move effectively on the ice in any gameplay situation.

The skills are organized in four sections: Fundamentals, Skating Techniques, Stick Work, and Dekeing and Deception. As the reader progresses through a chapter, the level of difficulty of each skill increases, ultimately covering every fundamental move and technique needed for an outstanding and total comprehension of the play. Davidson's progressive-learning approach teaches beginners the proper techniques, hones the skills of intermediate-level players and challenges elite players with the additional skills they need.

Among the 50 critical skills presented in this eye-opening collection are:

- Forward stride
- Backward crossunder
- Drive and delay
- Heel-to-heel turns
- Tight turns
- Extending your reach
- Receiving off-target shooting
- The Forsberg deke
- The Datsyuk deke

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